THE

Domestic Arts

EDITION OF THE AMERICAN WOMAN'S

COOK BOOK

COURTESY THE CARNATION MILK COMPANY

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THE *Domestic Arts*
EDITION OF THE AMERICAN WOMAN'S
COOK BOOK

Edited and Revised by

Ruth Berolzheimer

Famous Authority
on Home Economics

From the
DELINEATOR COOK BOOK
Edited by
Delineator Institute,
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Table of Contents

	PAGE
Useful Facts about Food	1
How to Buy Food	35
Food Values and Meal Planning	39
Menu Making	47
The School Lunch	60
Table Setting and Service	64
Carving	83
Garnishes	88
Cereals	92
Yeast Breads	97
Quick Breads	117
Sandwiches	131
Toast	156
Appetizers	158
Soups	165
Soup Accessories	186
Fish	191
Meat	228
Poultry and Game	274
Stuffings for Fish, Meat, Poultry and Game	303
Sauces for Fish, Meat, Poultry, Game and Vegetables	307
Entrées and Made-Over Dishes	326
Vegetarian Dishes	351
Egg Dishes	360
Cheese	374
Vegetables	383
Salads	424
Salad Dressings	446
Cakes	451
Cake Fillings and Frostings	472
Cookies, Doughnuts, Gingerbread, Small Cakes	483
Candies	502
Fruit Desserts	517
Custards, Gelatin and Cream Desserts	525
Hot and Cold Puddings	539
Frozen Desserts	557
Sauces for Desserts	579
Pastry and Meringues	585
French Recipes	615
Hot and Cold Beverages	635
Food for Invalids	650
High Altitude Cooking	657
Canning, Preserving and Jelly Making	658
Pickles and Relishes	687
Casserole and Oven Cookery	701
Cooking for Two	710
Cooking at the Table	718
Food Equivalents	722
The Friends Who Honor Us	724
Herbs, Spices, Extracts	730
Foreign Words and Phrases	734
Wine Seasons Fine Food	737
Index	759

List of Illustrations

PAGE	ILLUSTRATION	REFER TO PAGE
	APPETIZERS	
164B	Appetizers	162
160A	Canapés and Appetizers (color)	158-162
164A	Cocktail Tray	158
164B	Individual Sandwich Loaves	150
	BREADS	
122A	Apple Flapjacks	121
125A	Assorted Quick Breads	129, 130
100B	Assorted Rolls	110
100A	Braided Bread	101
106A	Bread and Rolls (color)	108-110
332A	Bread Croustades	329
100B	Clover-Leaf Rolls	109
125A	Corn Bread	127
	Gingerbread	494
157B	Cornucopia	157
100B	Crescent Rolls	109
112A	English Muffins	110
100A	Folding the Dough	101
125A	Gingerbread	494
	Corn Bread	127
112A	Honey Sandwich Loaf	129
112B	Honey Twist	115
100A	Kneading the Dough	100
112B	Pecan Caramel Rolls	126
	Swedish Tea Ring	111
122B	Popovers	119
125B	Sally Lunn	126
125B	Scones	126
112B	Swedish Tea Ring	111
	Pecan Caramel Rolls	126
157B	Toast	156
157A	Toasted Loaf	157
122A	Waffles	122
	CAKES, COOKIES	
457B	Cakes of Many Varieties	451-471
471A	Chocolate Marshmallow Roll	470
457A	Devil's Food Cake	458
486A	Frosted Delights	484
471B	Fruit Cake	465
480A	How to Frost a Cake	472
486A	How to Make Cookies	483
486A	Icebox Cookies	485
457A	Martha Washington Pie	469, 474
480B	Novelty Frostings	478-482
486B	Petits Fours	496
486B	Sugar Cookies	484
496A	Torte	496
471A	Upside-Down Cake	471
471B	White Mountain Cake	461
	CANDIES	
496B	Assorted Candies	502
56C	Pulled Sugar	516
56C	Spun Sugar	515
	CHEESE	
378B	Cheese Biscuit	382
390B	Cheese Fondue on Asparagus	623
758	Cheese Fruit Tray	374
187A	Cheese Rolls	186
187A	Cheese Sticks	186, 381
378A	Cheese Tray	374
435A	Frosted Melon	440
435B	Pear-Grape Salad	440
139B	Toasted Cheese Loaf	157
435B	Tomato Rose Salad	434
378A	Welsh Rarebit	377
	DESSERTS	
572A	Baked Alaska	568
24B	Banana Fritters	493
535B	Bavarian Cream	534
572B	Bombes	578
535B	Charlotte Russe	536
122B	Coffee Cakes	113
549B	Date Pudding	550
549B	English Plum Pudding	548
549A	Fruit Pudding	549
6A	Fruit Tartlets	604
535A	Garnishing Custards	554
535A	Hard Sauce	581
566B	Ice Cream in Cantaloupe	557

PAGE	ILLUSTRATION	REFER TO PAGE
566B	Ice Cream in Meringue Cups	499
572B	Ice Cream Sandwich	569
496A	Plum Puddings	548
549A	Rennet-Custard	554
496B	Shortcake	547
566A	Vanilla Ice Cream with Strawberries	563
	EGGS	
363B	Fluffy Eggs	373
	Bacon	265
363B	Ham and Eggs	264
363A	Poached Eggs	360
363A	Puffy Omelet	363
	ENTRÉES	
332A	Bread Croustades	329
332D	Chicken Mousse	350
332A	Creamed Salmon	219
341B	Croquettes	335-341
157A	Entrée Treasure Chest	329, 224
332B	Muffin Tin Timbales	327, 330
328A	Noodle Ring with Creamed Chicken (color)	344
332D	Noodle Ring with Vegetables	344
332C	Timbale Cases	331
	Timbales of Toast	333
	EQUIPMENT	
32A	Food Mixer	3
34	Gadgets	
6A	Oven Management	5
6B	Using Oven and Broiler	2
38	A Well-Planned Kitchen	
	FISH	
196B	Baked Fish	196
196A	Cooking Salmon	193
332A	Creamed Salmon	219
196B	Lobster	218
216A	Planked Fish (color)	200
	JELLIES, PRESERVES	
683A, B	Jelly	681
676A	Orange Marmalade	675
676A	Peach Preserves	670
676B	Preserves	667

PAGE	ILLUSTRATION	REFER TO PAGE
	MEATS	
363B	Bacon	265
	Fluffy Eggs	373
290A	Boning and Stuffing Shoulder	303
256B	Breast of Lamb	258
	Stuffed Onions	403
264A	Candle Roast of Pork	259
85A	Carving Leg O'Lamb	85
85B	Carving Steak and Roast	83, 84
256A	Crown Roast of Lamb	256
341A	Flank Steak Fillets	343
	Onion Sauce	315
363B	Ham and Eggs	264
256A	Leg O'Lamb	257
341B	Meat Balls	245
230A, B, C, D	Meat Cut Charts	230
243B	Planked Steak	244
239A, B	Pot Roast of Beef	239
621B	Réchauffé of Lamb	620
242A	Roast Beef with Yorkshire Pudding (color)	242
243A	Roasting Beef	242
243B	Rolled Roast	231
621B	Sausage and Corn	619
264A	Stuffed Ham	263
341A	Stuffed Peppers	346, 347
	PIES, PASTRIES	
606A	Coconut Cream Pie (color)	598, 600
594B	Fruit Dumplings	548
594A	How to Keep Pies in Shape	587
587A, B	How to Make Pies	585
594A	Lattice Top Crust	587
594B	Pastry Pinwheels	610
	POULTRY	
290B	Boning and Rolling Turkey	
85A	Carving Poultry	86
332D	Chicken Mousse	350
407A	Chicken Ring	350
	Brussels Sprouts	392
276B	Methods of Trussing Poultry	276
264B	Preparing Poultry	275
296A	Roast Chicken (color)	277
276A	Stuffing and Roasting Chicken	277

PAGE	ILLUSTRATION	REFER TO PAGE
	PROCESSES	
24B	Clarifying Fat	23
32B	Correct Measurements	13
24A	Deep Fat Frying	24
32B	Whipping Cream	33
	SALADS	
427A	Cabbage in Aspic	428
435A	Frosted Melon	440
435A	Fruit Salad Bowl	441
436A	Molded Fruit Salad (color)	427, 437, 530
435B	Pear-Grape Salad	440
427B	Salad Bowl	441
427B	Stuffed Tomato	433
435B	Tomato Rose Salad	434
427A	Vegetable Plate with Hollandaise Sauce	388-423, 312
	SANDWICHES	
164B	Individual Sandwich Loaves	150
139B	Sandwiches	131-155
139A	Sandwich Loaf	150
139A	Sandwich Treasure Chest	132
139B	Toasted Cheese Loaf	157
	SOUPS	
190	Assorted Soup Accessories	186
187A	Cheese Rolls	186
187A	Cheese Sticks	186, 381
170B	Consommé	168
	Pea Soup	174
170A	Cream of Corn Soup	178
170B	Cream Soup	177
170B	Pea Soup	174
	Consommé	168, 171
187B	Soup Accessories	186

PAGE	ILLUSTRATION	REFER TO PAGE
	TABLE SETTINGS	
56B	Bridal Breakfast Table	57
76A	Buffet Dining Table	726
76B, C	Dinner Service Chart	76
76D	Table Settings	76
56B	Thanksgiving Dinner Table	56
	VEGETABLES	
390B	Artichokes with Hollandaise Sauce	388, 312
390B	Asparagus with Cheese Fondue	623
621A	Asparagus with Hollandaise Sauce	389, 312
407A	Brussels Sprouts	392
	Chicken Ring	350
396B	Carrot Ring	355
407B	Cauliflower	393
	Potato Cups	408
396A	Corn	395
621B	Corn with Sausage	619
621A	Lima Beans Neufchâtel	625
407B	Pigs in Taters	406
407B	Potato Cups	408
	Cauliflower	393
407A	Squash	418
256B	Stuffed Onions	403
	Breast of Lamb	258
341A	Stuffed Peppers	346, 347
396B	Toasted Carrots	393
390A	Vegetable Cookery	385
91	Vegetable Garnishes	90
427A	Vegetable Plate with Hollandaise Sauce	388-423, 312

The illustration on the jacket is by courtesy of
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AT YOUR SERVICE

Unless otherwise specified, all recipes are based on service for six persons. When cooking for more, multiply the ingredients in direct proportion. When fewer are to be served, divide by two or three as necessary. A full discussion of the problems of small quantity preparations is found in the chapter entitled "Cooking for Two"

USEFUL FACTS ABOUT FOOD

USE OF RECIPES

TO become a good cook requires more than the blind following of a recipe. This is frequently illustrated when several women living in the same community, all using the same recipe, obtain widely differing results. It is the reason so many cooks say, "I had good luck with my cake to-day," or "I had bad luck with my bread yesterday." Happily, luck causes neither the success nor the failure of a product. To become a good cook means to gain a knowledge of foods and how they behave, and skill in manipulating them. The recipe by itself, helpful as it is, will not produce a good product; the human being using the recipe must interpret it and must have skill in handling the materials it prescribes.

Some of the lessons which the person desiring to become a good cook should learn are given in the following pages. They will not be learned all at once; but if they are gradually mastered, luck will play a less important part in culinary conversation.

Methods of Cooking Food

BOILING is cooking in water at a temperature of 212° Fahrenheit. At this temperature water will bubble vigorously and as these bubbles come to the surface of the water steam is given off. (In mountainous regions, where the boiling-point is affected by atmospheric pressure, allowance must be made for the variation.)

SIMMERING is cooking in water at a temperature of 180° F. to 210° F., or below the boiling-point of water. Only an occasional bubble is formed and rises slowly to the surface.

STEWING is cooking in a small amount of water. The water may boil or simmer, as indicated for the food that is to be cooked.

STEAMING is cooking in the steam generated by boiling water.

PRESSURE COOKING is cooking in steam at a pressure of 5 to

30 pounds and at temperatures 228° F. to 274° F. The rise in the temperature of the steam is caused by holding it under pressure. A special cooker is necessary for this cooking. From 10 to 15 pounds (240° to 250° F.) is the pressure ordinarily used for household purposes.

Broiling is cooking over or under or in front of a fire of live coals or a gas or electric burner, or other direct heat.

Oven Broiling is cooking in a broiler pan (either with or without a rack) that runs close under the heat in the broiling oven of a gas or electric stove.

Pan Broiling is cooking in a hot griddle or pan greased only enough to prevent food from sticking.

Baking is cooking in the oven. The temperature of baking varies with the food to be prepared. A slow oven should be from 250° F. to 350° F. A moderate oven should be from 350° F. to 400° F. A hot oven should be from 400° F. to 450° F. A very hot oven should be from 450° F. to 550° F.

Poaching is cooking, for a short time, foods such as eggs or fish or mixtures of these foods, in water, milk, or stock, just below the boiling temperature.

Oven Poaching is cooking in the oven in a dish set in hot water. The method is used for custards, soufflés, and other egg mixtures of delicate texture which are cooked in the oven.

Roasting as now used means the same as baking. Originally it meant cooking before an open fire and was similar to broiling.

Frying is cooking in hot fat at a temperature of from 350° F. to 400° F., depending on the nature of the food to be cooked. The article to be cooked is immersed in the fat.

Sautéing is cooking in a small quantity of fat. The article to be cooked must be shifted from side to side to come in contact with the fat. Sautéing is a cross between pan broiling and frying.

Braizing is a combination of stewing or steaming with baking. The food to be braized is first stewed or steamed and then baked.

Fricasseeing is a combination of sautéing with stewing or steaming. The food to be fricasseed is first sautéd, then stewed or steamed.

Fireless Cooking is cooking by heat that has been retained in a fireless cooker or insulated oven. It is accomplished by surrounding the thoroughly heated food with some insulating material to keep the heat from being lost rapidly.

Methods of Mixing Food

Stirring—Food is stirred by a rotary motion of the arm. The purpose of stirring is to mix thoroughly all ingredients.

Beating—Food is beaten when the motion in mixing brings the contents at the bottom of the bowl to the top and there is a continual turning over and over of a considerable part of the contents of the bowl. The purpose of beating is to enclose a large amount of air.

Folding In—Two foods are blended by putting the spoon or egg-whip vertically down through the foods, turning it under the mass, and bringing it vertically up. This process is repeated until the mixing is complete. The purpose of folding in is to prevent the escape of air or gases that have already been introduced into the mixture.

Cutting in—A process used to blend fat with flour. It consists of cutting the fat into the flour with a knife or two knives until it is distributed in as small particles as desired.

Creaming—A rubbing together of fat and sugar, or a pressing and beating of fat to soften it.

Kneading—A stretching motion applied to dough when more flour is to be added than can be either stirred or beaten into the mixture; or used to make a dough smooth and even in consistency.

Larding—A process of inserting match-like strips of salt pork about one-fourth inch in thickness into a dry meat or fish. These strips are called lardons, and are inserted either by making an incision in the surface and laying the lardon in the slashing or by the use of a larding-needle. The pork is clamped into one end of the needle and is threaded into the meat, as in any sewing process.

COOKING BY TEMPERATURE

For best results in cooking, exact temperatures should be known and followed. This requires the use of thermometers

such as an oven thermometer or an oven-heat regulator for all sorts of baking, and special thermometers for sugar cookery, deep-fat frying, and roasting meats.

Automatic Mechanical Oven-Heat Regulators which control temperature automatically by regulating the supply of heat are available in both gas and electric ranges. These are of great assistance alike to the experienced cook who would always obtain the same results with a given recipe and to the beginner who has nothing to guide her in estimating the length of time required to get the slow, moderate and hot stages in her oven.

Heat Regulators or Temperature Controls must always be built into a gas range at the factory, and they must usually be built into electric ranges. For both types of stove they may be set to control a desired temperature automatically. Once set, they will maintain the temperature to within a few degrees Fahrenheit of that indicated, for an indefinite period.

Time Controls are now quite common on modern ranges and even on fireless cookers, and, in combination with the temperature controls, they are almost uncanny, for they will turn heat on at a definite time and off again at another specified moment. This makes it possible to put a meal in the oven or cooker in the morning and leave it with the assurance that it will start to cook at five o'clock in the afternoon and that the heat will be turned off again at five forty-five. As today's ovens and cookers are thoroughly insulated, the heat retained in the oven wall and in the food will complete the cooking. Moreover, since they are cooking on a decreasing heat, there is little or no danger of burning food, even if you should be delayed beyond the time when you planned to return.

Thermometers That Can be Set in the Oven may be used where an oven heat regulator is not available. A small flash light is useful for reading them in a dark oven.

Other Thermometers may be bought for candy and frosting, for deep fat frying, and for roasting meats. The cost of these thermometers is not large and they will soon pay for themselves in saving of time and food.

If These Devices Are Not Available the next best thing is to seek to develop delicacy of feeling and knowledge of practical tests which will detect differences in temperatures. This, of course, comes only with experience.

Cooking Periods and Temperatures

Oven Temperatures for Baking	Degrees Fahrenheit
Slow oven	250 to 350
Moderate oven	350 to 400
Quick or hot oven	400 to 450
Very hot oven	450 to 550

Note Explaining the Use of Figures in the Following Tables.

When two degrees of temperature or two periods of time are given, separated by a dash, (e.g. 350—375 or 30—40) it means that the temperature of the cooking medium or the length of the cooking period may range between these two extremes.

When the temperature figures are separated by the word "to" (e.g. 400 to 350) it means that cooking is to be started at the temperature first given and that the heat is afterward to be reduced to the second figure.

TABLE I

BREAD, CAKES, COOKIES AND PASTRY

BAKED

To bake loaves of yeast bread, heat the oven to the higher temperature given, and leave it at this degree for about fifteen minutes. Then reduce it to the lower figure for the remainder of the baking period. See table of oven temperatures above.

Bread	Temperature of Oven Degrees Fahrenheit	Baking Period
Yeast, white (loaves)	400 to 375	Minutes 60
graham or whole wheat (loaves)	400 to 350	" 60
Baking-powder (quick bread, loaves)	400	" 40—50
Corn bread (sheets)	400	Minutes 20—25
Biscuits, baking-powder	450—460	" 12—15
Muffins, yeast	400—425	" 20—30
baking-powder	400—425	" 20—25
Popovers	450 to 350	" 35—40
Rolls, yeast	400—425	" 20—25

Cake	Temperature of Oven Degrees Fahrenheit	Baking Period
Angel	275—300	Minutes 60—75
Butter, plain loaf	350—375	" 45—60
sheet or cup	375	" 20—30
layer	375	" 20
pound	350	" 60—75
Fruit, small	325	" 75—90
large	275	Hours 3—4
Molasses, sheet	350—375	Minutes 25—30
cup	350—375	" 15—25
Sponge, loaf	300—325	" 40—60
sheet	325	" 30
Cookies		
Drop	375—400	" 12—15
Filled	400—425	" 10—15
Ginger snaps	375	" 8—10
Macaroons	250—300	" 15—20
Molasses	350—375	" 18—20
Thin, rolled	350—375	" 10—12
Gingerbread	350—375	" 30—40
Pastry		
Cheese straws, etc.	500	Minutes 10
Cream puffs and éclairs	400 to 350	" 45
Meringues, cooked separately	250—300	" 40—60
on pies and puddings	300—350	" 8—10
Pie crust, shells, large pies	450—500	" 20—40
tarts	400—450	" 15—20
Pies, double crust with fruit filling	450 to 425	" 40
single crust, (custard, pumpkin, etc.)	450 to 325	" 40
Turnovers, etc.	450	" 15

TABLE II

CUSTARDS, SOUFFLÉS, SCALLOPED DISHES AND PUDDINGS

BAKED

For table of oven temperatures, see page 5

Au Gratin Dishes	Degrees Fahrenheit	Baking Period
(to brown crumbs)	400	Minutes 10

STRIKE UP A WARM ACQUAINTANCE WITH YOUR OVEN AND ITS SPECIAL TEMPERAMENT
—Hotpoint

FRUIT TARTLETS — CULINARY GEMS IN MINIATURE
—Hawaiian Pineapple Company, Ltd.

TIME AND YOUR OVEN AWAIT
THE OCCASION AND THE MAN
—Hotpoint

	Degrees Fahrenheit	Baking Period
Custards		
Large (surrounded by water)	300—350	Minutes 35—45
In cups (surrounded by water)	300—350	" 20—25
Puddings		
Batter, cottage, etc.	375—400	" 35—45
Bread	250—350	" 45—60
Indian	250—350	Hours 2—3
Rice or tapioca	250—350	" 1—2
Scalloped Dishes		
(not potatoes)	350—400	Minutes 15—30
Soufflés		
(surrounded by water)	375	" 20—30
Timbales		
(surrounded by water)	250—325	" 35—45

TABLE III

MEAT, POULTRY AND FISH

ROASTED

For table of oven temperatures, see page 5

The number of minutes per pound which a roast requires for cooking at a given temperature is only an approximation. The accurate way of determining doneness is by the internal temperature shown on the meat thermometer inserted into the roast.

All boned cuts require longer cooking time than those with the bones left in. Allow about 10 minutes per pound longer for cooking boned cuts.

Many hams now on the market require shorter cooking time. For these hams, follow directions given with them.

If one wishes to sear meat, the oven may be preheated (450°-475° F.) and the meat placed in the hot oven for 10 or 15 minutes, then the temperature reduced quickly to 300° F. for the rest of the cooking period. Searing, however, does not keep in juices. The constant low temperature method is preferred.

Meat	Oven Temperature	Roasting Period
		Total, hrs.
Braized meats	350° F.	2—2½
Meat en casserole	350° F.	2—2½
		Total, mins.
Meat pie with crust (meat previously cooked)	450° F.	30

Beef	Oven Temperature	Internal Temperature	Minutes Per Pound
Rare	300° F.	140° F.	18 to 20
Medium	300° F.	160° F.	22 to 25
Well done	300° F.	170° F.	27 to 30
Pork			
Fresh (always well done)	350° F.	185° F.	30 to 35
Smoked	300° F.	170° F.	25 to 30
Lamb and Mutton			
Medium	300° F.	175° F.	25 to 30
Well done	300° F.	180° F.	30 to 35
Veal	300° F.	170° F.	25 to 30

Poultry		
Chicken	325°—350° F.	22—30
Duck, Goose	325°—350° F.	20—25
Turkey	300°—350° F.	15—25

Fish		Total, mins.
Large	425° to 350° F.	15—20
Small or fillets	425° to 350° F.	20—30

SIMMERED OR BOILED

Simmering temperatures range from 180° F. to 210° F.

Meat	Cooking Period	
Fresh		
Pot roasts (3-4 lbs.)	Total, hrs.	2— 6
Swiss steak	" "	2
Corned or smoked (4-5 lbs.)	Mins. per lb.	30—40
Ham	Total, hrs.	4— 5
Ox tongue	" "	3— 4
Poultry		
Chicken (3 pounds)	" "	1— 1½
Fowl (4 to 5 pounds)	" "	2— 5
Turkey (10 pounds)	" "	3— 3½
Fish		
Small, thin	Mins. per lb.	5—10
Large, thick	" " "	10—15

BROILED OR SAUTÉED

Meat	Cooking Period
Chops, lamb or mutton	Total, mins. 15—20
pork or veal	" " 20—30
Liver, calves or lambs	" " 10—15
Steak, 1 inch thick (rare to medium)	" " 10
1½ inch thick (rare to medium)	" " 8—15
Poultry	
Chicken	" " 20—30
Quail	" " 10—20
Squab	" " 10—20
Fish	
Fillets	" " 5—15
Shad, whitefish, bluefish, etc.	" " 15—20

FRIED

For fried meats, poultry and fish, see Table IV, following

TABLE IV

FRIED FOODS

Deep Fat Frying

	Temperature of Fat Degrees Fahrenheit	Cooking Period
Croquettes		
And all previously cooked foods	375—390	Total, mins. 2—5
Doughnuts, Fritters		
And all raw batter and dough mixtures	360—370	Total, mins. 2—3
Fish		
Fillets (sole, cod, etc.)	390	" " 4—6
Frogs' legs	390	" " 2—3
Small fish (smelts, etc.)	375—390	" " 2—5
Medium sized fish (trout, etc.)	390	" " 2—5
Fishballs	375—390	" " 2—5
Clams	390	" " 1—2
Crabs	360	" " 3—5
Oysters	375—390	" " 2—5
Scallops	360	" " 2

Meat and Poultry	Temperature of Fat Degrees Fahrenheit	Cooking Period
Chicken	375—390	Total, mins. 5—7
Chops or cutlets, breaded	375—400	" " 5—8
Timbale Cases	390	" " 1—1½
Vegetables		
French fried potatoes, onions, etc.	395	" " 4—6

TABLE V

EGGS

BOILED

	Temperature of Water Degrees Fahrenheit	Cooking Period
Soft	212	Total, mins. 2— 4
Hard	212	" " 20—30

CODDLED

Soft	180—200	Total, mins. 6—10
Hard	180—200	" " 30—45

BAKED

	Temperature of Oven Degrees Fahrenheit	
Soft	250—350	Total, mins. 6—10
Hard	250—360	" " 25—40

TABLE VI

FRUITS AND VEGETABLES

BOILED

Fruits	Cooking Period	Fruits	Cooking Period
Apples, cut	Mins. 5—8	Prunes, dried (soaked 1 to 6 hours)	Mins. 10
whole	" 15—25	Pears, summer	Mins. 10—20
dried	Hrs. 1—4	winter	" 60
Apricots, dried	Hrs. ¼—2	Pineapple	" 20
Berries and small fruits	Mins. 10—15	Plums	" 12
Cranberries	" 10	Quince	" 15—40
Figs, dried	" 20	Rhubarb	" 5
Peaches	" 12		

Vegetables	Cooking Period
Artichokes, French	Mins. 30—40
Jerusalem	" 15—40
Asparagus	" 15—30
Beans, shell or string	" 15—35
Lima, green	" 15—35
Navy and other dried	Hrs. 3—4
Beet greens	Mins. 15—30
Beets, young	" 30—50
old	Hrs. 2—4
Broccoli	Mins. 15—25
Brussels sprouts	" 15—20
Cabbage	" 5—20
Carrots, young	" 15—25
old	" 20—35
Cauliflower	" 15—30
Celery	" 15—30
Corn	" 7—12
Cucumber	" 5—20
Dandelion greens	" 20—35
Dasheen	" 15—35
Eggplant	" 15—20
Kohlrabi	" 25—45
Leeks	Mins. 15—35
Lentils, dried	Hrs. 3—4
Lettuce	Mins. 5—15
Okra	" 20—40
Macaroni, spaghetti, etc.	" 25—35
Onions, young (scallions)	" 8—15
old	" 20—40
Parsnips	" 20—40
Peas, green	" 10—30
dried	Hrs. 3—4
Potatoes, white	Mins. 20—45
sweet	" 25—30
Pumpkin (cut)	" 30—40
Rice	" 20—30
Spinach	" 5—10
Salsify	" 20—45
Squash, summer	" 10—20
winter	" 20—30
Tomatoes	" 5—15
Turnips	" 15—40

Periods Required for Waterless Cookery of Vegetables

The time required for waterless cookery varies somewhat with the age of the vegetable and the size of the pieces into which it is cut. It is generally safe to allow the maximum period given in the preceding tables, if the vegetables are young. For old, fully matured vegetables, increase the time from ten to twenty minutes.

BAKED

Fruits	Temperature of Oven Degrees Fahrenheit	Baking Period
Apples	350—375	Mins. 20—40
Bananas	400—450	" 15—20
Pears	350—375	" 45—60
Rhubarb	350—375	" 20

BAKED

Vegetables	Temperature of Oven Degrees Fahrenheit	Baking Period
Beans, with pork	250—350	Hrs. 6—8
Cauliflower	375—400	Mins. 30
Eggplant (stuffed)	350—375	" 30
Mushrooms	400—450	" 15
Onions, whole (stuffed)	400—450	" 60
sliced	400—450	" 30
Peppers (stuffed)	350—375	" 30
Potatoes, sweet, in skins	400—450	" 30—40
white, in skins, large	450—500	" 45—60
small to medium	450—500	" 30—45
scalloped	350—400	Hrs. 1—1½

TABLE VII

CANDY AND FROSTING

Stages in Sugar Cooking

Sirup stage	220—230
Thread stage	230—234
Soft ball stage	234—240
Medium ball stage	240—244
Stiff ball stage	244—250
Hard ball stage	250—264
Light crack stage	264—272
Medium crack stage	272—290
Hard crack stage	290—320
Caramel stage	320—360

CANDIES

Fondant (soft ball stage)	238—240
Fudge and Marshmallow (thread to soft ball stage)	230—238
Caramels and Nougat (stiff ball stage)	246—250
Molasses taffy and soft candies to be pulled (hard ball stage)	245—260
Hard candies to be pulled (medium crack stage)	272—290
Toffee and butterscotch (medium to hard crack stage)	280—300
Clear brittle candies (hard crack stage)	290—310

BOILED FROSTING

1 egg-white to 1 cup sugar (soft to medium ball stage)	238—242
2 egg-whites to 1 cup sugar (stiff ball stage)	244—248
3 egg-whites to 1 cup sugar (hard ball stage)	254—260

MEASUREMENTS

Learn to Measure Accurately—All the measurements in this book, and in most modern cook-books and magazines, are level. It will not do to use a heaping teaspoon, tablespoon or cup when a level one is meant. To change proportions by wrong measuring causes poor results, for example:

Too much flour will make a cake dry and crumbly, bread solid and heavy, sauces thick and pasty.

Too much fat will make cakes oily and may cause them to fall; it will make grease-soaked doughnuts and greasy gravies and sauces.

Too much sugar will make a cake with a hard crust, or a sticky cake; it makes a soft, sticky jelly.

Too much liquid will make a cake that falls easily.

Too much soda gives a disagreeable taste and bad color to breads and cakes.

Have Accurate Equipment for Measuring, as follows:

A measuring-cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.

A quart measure divided by ridges into fourths. Each fourth is a cupful.

A standard tablespoon that holds one-sixteenth of a cup.

A standard teaspoon that holds one-third of a tablespoon.

A tested scale.

To Measure Dry Material—Fill the cup, spoon or other measure to overflowing, then pass a spatula or the straight edge of a knife over the top, leveling the material. For an accurate half-teaspoon or tablespoon of dry material, fill spoon as above, then, owing to the difference in capacity of the tip and bowl of the spoon, divide the material in half lengthwise.

To Measure Fat—An easy and accurate way to measure solid fat is by means of water. For instance, to measure ⅓ cup of solid shortening, fill a standard measuring cup ⅔ full of cold water, then drop in pieces of the shortening, pushing them under the water until the water level reaches the one-cupful mark. If ½ cup shortening is called for in the recipe, fill the cup one-half full of water, and so on for any quantity desired.

Another accurate method especially recommended for small quantities, is to pack the shortening into a standard measuring spoon and level off evenly with the straight edge of a knife.

To Measure Liquids—Fill the measure with all it will hold.

Equivalent Measures and Weights

3 teaspoons	1 tablespoon	4 cups	1 quart
4 tablespoons	¼ cup	2 pints	1 quart
16 tablespoons	1 cup	4 quarts	1 gallon
½ cup	1 gill	8 quarts	1 peck
4 gills	1 pint	4 pecks	1 bushel
2 cups	1 pint	16 ounces	1 pound

USEFUL FACTS ABOUT STARCH

Some of the foods which are used most frequently are rich in starch; for instance:

Flour—White, whole wheat, graham, buckwheat, rice, corn, rye, barley.

Vegetables—Potatoes, sweet potatoes.

Legumes—Dried peas, dried beans, lentils.

Breakfast Foods—Wheat, oat, corn-meal, rice, barley.

Miscellaneous—Chocolate, cocoa, macaroni, vermicelli, spaghetti, corn-starch, tapioca, sago, chestnuts.

Starch-rich Foods Must be Cooked Thoroughly if they are to have fine flavor and be easily digested. This is because starch occurs in foods in the form of tiny, hard, dry grains which are not soluble in cold water and which are difficult for the digestive juices to act upon. When starch is cooked, it is easy to digest and much improved in flavor, because cooking changes the form of the starch.

When Starch is Cooked in Liquid, the heat causes the starch grain to absorb liquid, swell and soften. When flour or corn-starch or any other finely divided meal is cooked in a liquid, it thickens the liquid.

When Starch is Cooked by Dry Heat, that is, with very

little moisture, the heat, unless it is great enough to burn the starch, breaks down the starch grain and changes the starch to a substance called dextrin. Dextrin does not thicken liquid, but, like starch cooked in water, it has a better flavor and is easier to digest than raw starch.

The baking of a loaf of bread illustrates both these changes. The starch in the dough in the inside of the loaf absorbs the water used in making the dough and swells and softens. The water in the dough on the outside of the loaf evaporates and the starch in the outer layers of dough is partly changed to dextrin. As a result, the crust has more flavor and is sweeter than the crumb, and has a different texture.

In baking a potato, the water for cooking the starch is supplied by the potato itself.

Points to be Observed in Cooking Starch-rich Foods

1. Use enough water to soften all the starch present. This is especially important in cooking breakfast foods.

2. Cook them for a long enough time to swell and soften the starch. A temperature as high as the boiling-point of water, 212° F., is best for this cooking.

3. When flour or finely ground meal is to be mixed with a hot liquid, separate the particles before they reach the hot liquid, or gummy lumps with raw centers will be formed. This separation of the particles of flour or meal can be accomplished by mixing the flour or meal with enough cold liquid to make a mixture as thin as cream, or by combining them with sugar or with fat before mixing them with the hot liquid. Lumpy gravies, sauces, mushes and puddings are caused by a failure to observe these precautions.

4. A double boiler is the best utensil to use in cooking cereals, mushes and starchy sauces because it does away with the danger of sticking and burning. The water in the lower part of the boiler should be boiling.

Thickening Power of Flour or Corn-starch

This is one of the most important things for a good cook to know. If the cook can tell how much flour or corn-starch to use to make sauces or pastes of any desired thickness, and knows how to mix and cook these sauces and pastes to make them

smooth, velvety and fine in flavor, he or she has learned one of the hardest cooking lessons and is in possession of information that will help in making a great variety of dishes.

WITH EACH CUP OF LIQUID:

½ tablespoon flour or ½ teaspoon corn-starch	Makes a very thin sauce, which may be used in making thin cream soups.
1 tablespoon flour or 1 teaspoon corn-starch	Makes a thin sauce, which may be used in making cream soups of average thickness.
2 tablespoons flour or 2 teaspoons corn-starch	Makes a medium sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or other sauces where a medium thickness is desired. It has about the thickness of heavy cream.
3 tablespoons flour or 1 tablespoon corn-starch	Makes a thick sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or sauces where a thick sauce is desired. A sauce containing this amount of flour has considerable body and spreads rather than runs.
4 tablespoons flour or 4 teaspoons corn-starch	Makes a paste when cold. This sauce may be used in making mixtures for croquettes, soufflés, blanc manges and similar puddings.

WHEN THE LIQUID USED IS MILK, use a little more milk or a little less starch than for a water sauce, because milk already contains about 12 per cent. solids.

WHEN THE LIQUID USED IS ACID, as vinegar, a fruit-juice or tomatoes, the hot acid acts on the starch and gradually changes it, just as dry heat does, to dextrin. Dextrin has not the thickening power of starch. Therefore, when an acid liquid is to be thickened, more of the thickening agent may be needed, and the time for cooking may be shortened. No statement can be made as to exact differences because acids differ greatly in strength.

WHEN THE FLOUR IS BROWNED, the dry heat changes part of the starch to dextrin and the flour may lose a considerable part of its thickening power. Either more browned flour must

be used than uncooked flour or browned flour may be used for color and uncooked flour for thickening.

Corn-starch Requires Longer Cooking Than Flour, and a quickly cooked corn-starch mixture always has a raw taste.

If a Sauce is Too Thick, it can be thinned without trouble by adding more liquid.

If a Sauce is Too Thin, it must be thickened by adding more of the thickening agent and by recooking it. A starchy sauce or a cream soup is always thinner when hot than when cold. Even the amount of cooling which occurs in transferring a starchy sauce, gravy or soup from the cooking utensil to the serving dish perceptibly thickens it. This must be taken into account in making creamed dishes of various kinds.

If a Sauce is Lumpy, because proper precautions have not been taken in mixing and cooking the thickening agent with the liquid, the sauce should be strained; but such a sauce never has the creamy, smooth texture of a well-made one.

Methods of Combining Flour or Corn-starch with Liquids

When Little or No Fat is Used—Heat three-fourths of the liquid. Stir the remainder of the liquid gradually into the thickening agent. If sugar is used it may be mixed with the thickening agent before the liquid is stirred in or added to the sauce after the thickening is completed. Stir into the thickening agent at first only enough of the cold liquid to make a thick batter. Beat this batter until smooth and free from lumps, then add the rest of the cold liquid. The mixture should be about as thick as medium cream. Beat this gradually into the hot liquid and cook, stirring constantly, until the mixture is thickened. If fat is used, it may be added at this time. After thickening, the sauce may be cooked in a covered double boiler with occasional stirring.

When Amount of Fat Equals or Exceeds Amount of Thickening Agent—Melt the fat, add the flour or corn-starch and cook, stirring constantly, until thoroughly blended. This is called a roux. Stir in the liquid, a little at first, then immediately enough to thin the roux perceptibly and finally the re-

mainder. Cook, stirring constantly, until thick. Complete cooking in a double boiler, stirring occasionally.

Or

Heat the liquid; cream together the fat and thickening agent; add this modification of roux to the hot liquid and stir constantly while the fat melts and the particles of flour or corn-starch are being spread through the liquid and cooked. Complete cooking in a double boiler, stirring occasionally.

Dishes That Have a Sauce Foundation

A variety of dishes can be made by a person who is familiar with the thickening power of flour and corn-starch and with methods of combining them into sauces. There are two foundation sauces:

A White Sauce is one made from milk or white stock or part of each, thickened with plain flour or corn-starch.

A Brown Sauce is one made from milk or water or brown stock and thickened with browned flour or part browned and part plain flour or corn-starch.

The following typical dishes have a sauce foundation:

Cheese Sauce—To each cup white sauce of desired consistency, add ¼ cup shaved, grated or crumbled cheese and stir until cheese is melted.

Cream Soups, Purées and Bisques—To each cup of very thin or thin white sauce, add 2 cups of vegetable, meat or fish pulp.

Creamed Dishes—To each cup of medium or medium to thick white sauce, add 1 to 1½ cups vegetables, meat, fish or hard-cooked eggs cut in pieces.

Scalloped Dishes—To each cup of medium to thick white sauce, add 1 to 2 cups cooked vegetables, meat, fish, hard-cooked eggs, cooked macaroni or rice; put into a baking dish, sprinkle with buttered crumbs and bake until brown.

Croquette Mixtures—The foundation of most croquettes is white sauce or brown sauce. When this type of croquette is made, to each cup of very thick sauce use 1 to 2 cups of finely divided cooked meat, fish, hard-cooked eggs or vegetables. When the mixture is cold, it will easily shape into croquettes.

Soufflé Mixtures—Many soufflés are made from a foundation of thick or very thick white sauce to which is added some seasoning or flavor such as cheese, vanilla, sugar, or some chopped

food and raw egg-yolk. Beaten egg-white is folded in and the mixture is ready to pour into a baking-dish. All soufflés are baked with the containing dish standing in hot water. With a knowledge of white sauce and egg cookery, soufflés are very simple to make. No attempt is being made to give at this point complete directions for making soufflés, but only to show how a knowledge of one part of cooking will help in the making of many dishes and will make the whole problem of cooking simpler and more interesting. The most common soufflés having a white sauce foundation are:

Cheese Soufflé—To each cup of thick to very thick white sauce, add ¾ cup grated cheese, 2 egg-yolks and seasoning. Cook until the cheese is melted. Then fold in the beaten egg-whites, and the soufflé is ready to bake.

Meat or Fish Soufflé—To each cup thick to very thick white sauce add 1 cup minced meat or vegetable, 3 egg-yolks, and the beaten whites of 3 eggs and bake for thirty minutes at 375° F.

Chocolate Soufflé—To each cup thick white sauce, add 2 ounces grated chocolate, ⅓ cup sugar, and 3 egg-yolks; cook until the chocolate is melted. Fold in the beaten whites of 3 eggs and bake for thirty minutes at 375° F.

Vanilla Soufflé—To each cup very thick white sauce, add ⅓ cup sugar, ½ teaspoon vanilla, 2 to 3 egg-yolks. Fold in beaten whites of 2 to 3 eggs and bake for thirty minutes at 375° F.

USEFUL FACTS ABOUT SUGAR

Sugars are useful in cooking (1) because of their flavor, or the effect they have in modifying or intensifying other flavors; (2) because of their texture, or the changes they make in the texture of other foods; (3) because they help in preserving other foods, especially fruits.

Use of Sugar in Flavoring Foods

Sugars Not Equally Sweet—Maple sugar, brown sugar and molasses, weight for weight with white sugar, are a little less sweet than white sugar. Corn sirup or glucose, weight for weight with white sugar, is only about three-fifths as sweet as white sugar and may be used to reduce the sweetness of white sugar. Many persons prefer this modified sweetness.

Foods Taste Sweeter Hot Than Cold—This accounts for differences in the amounts of sugar used in making frozen desserts and other desserts.

Some Sugars Contain Special Flavors, for example: maple sugar, brown sugar, molasses, honey.

Sugar Brings out or Modifies Natural Flavors—It makes bitter chocolate and fruit acids more mellow and agreeable in flavor. It brings out flavor in bland foods like cereals, breads, milk and some mild-flavored vegetables.

Ways in Which Sugar Affects Texture of Foods

In Cakes, used in right proportions, sugar helps to make them tender and light. Too much sugar makes cake tough and heavy.

In Breads, used in right proportions, sugar helps to make them light. Too much sugar makes bread coarse in texture.

With Fruit Juices, used in right proportions, makes fruit-juice jelly. Too much sugar makes jelly "wine off" and makes it soft and sticky in texture. Too little sugar necessitates overcooking, impairs flavor and gives a tough texture.

In Beaten Egg White, sugar helps the egg to hold air and remain stiff. Too much sugar makes the egg white flatten out and settle.

Approximate Amounts of Sugar for Various Common Dishes

Ice creams—2 to 4 tablespoons to 1 cup mixture.
Custards (not frozen)—1 to 2 tablespoons to 1 cup milk.
Cakes—One-half as much sugar as flour. In chocolate cakes, three-quarters as much sugar as flour.
Meringues—1 to 5 tablespoons to 1 egg white.
Frostings—1 to 3 cups to 1 egg white.
Breads—1 tablespoon or less to 1 cup flour, if any is used.
Muffins—2 tablespoons or less to 1 cup flour, if any is used.

CARAMEL

1 cup granulated sugar 1 cup boiling water

Put the sugar into a pan and melt slowly over direct heat. Cook until dark brown, being careful not to scorch. Add the hot water and cook slowly until a thick sirup is formed. (Be

sure that the water is hot. Cold water will make the hot sugar spatter.) This will keep indefinitely in a covered glass fruit jar and is a popular flavoring for desserts, soups, meat sauces and confectionery.

USEFUL FACTS ABOUT FATS

The cooking and table fats available for use in the modern household range from liquid oils to hard fats. The source may be vegetable, meat, milk or a combination of these.

Cooking and Table Fats Classified as to Sources

Oils	Solid Fats
(Vegetable Product)	(Milk Product)
Olive oil	Butter
Cotton seed oil	(Animal Product)
Corn oil	Lard
Other salad combinations	Drippings as from bacon, suet, chicken, beef, etc.
(Milk Product)	(Vegetable Product)
Cream	Vegetable shortening compounds

(Animal Meat and Vegetable Product)

Oleo margarine
Nut margarine

Cooking and Table Fats Classified as to Use

Fats are often classified as to their use: (1) for table use (2) for shortening, and (3) for frying. Many of them belong to two or all of these groups, while others are limited to one.

Oils—Oils are both salad and cooking fats. As salad oils they are chosen for their flavor and smoothness in salad dressings. Those made of cotton seed, corn and peanut oil—alone or in combination with olive oils—are less expensive than pure olive oil. From the labels, the purchaser will know just which type she is buying.

Oils for shortening are becoming increasingly popular because of their convenience. They are easily measured; they do not need to be creamed or melted.

For frying, particularly deep fat frying, cotton seed and corn oils are practical and inexpensive. They do not smoke and burn

easily and, properly cared for, they can be used over and over again.

Solid Shortenings and Cooking Fats—Lard and meat drippings for shortening and cooking date from the time when all fats were prepared in the home.

Lard is solid without being hard to handle in doughs, and has an established reputation for pastry.

Fat from chickens and other poultry is highly prized for cake making.

Bacon, ham and sausage fats are too highly seasoned for any but limited use but are excellent for sautéing any food where their seasoning is desirable.

Drippings are not possible for deep fat frying, because they burn so easily; unless they are clarified and combined, when they become a good mixed fat. They may be used for sautéing or in seasoning.

In the solid vegetable compounds, vegetable oils—cottonseed, corn, and sometimes peanut—are solidified by a special process. This gives certain characteristics of both the original oil and the solid fat, i.e.: they do not smoke or burn except at a high temperature. This makes them desirable for deep fat frying. They do not easily melt which makes pastry making easy in ordinary temperatures.

Butter—Probably butter will never lose its place as the favorite for eating. Its texture and flavor are particularly satisfactory. For certain types of cooking also, it is desirable, notably in sauces, and in some baking where its flavor becomes a part of the flavor of the dish.

Margarines—The nut and oleo margarines are less expensive than butter but are nicely flavored and salted for table use. They should not be considered a substitute but rather another product suitable for the same use as butter. In the manufacture of these products, liquid fat, either of animal or vegetable source, is churned with milk. The oil may be principally olein from meat source, giving the name oleo margarine; or it may be derived from peanuts, coconut or other nuts, making a true vegetable margarine. They are purchased uncolored to distinguish them from butter, but they may be easily colored at home for table use.

Shortening

The term shortening includes fat of any kind that is used in pastry, doughs, and batters. Any clean, sweet fat may be used. The best known and most commonly used are butter, solid vegetable fats, margarine, salad and cooking oil, lard and drippings. In general they may be used interchangeably for "shortening" in a recipe, remembering the difference in flavor, and that since some contain more water than others more fat is needed to give the same shortening quality.

How to Try Out or Render Fat

Every bit of fat from scraps of meat, bacon drippings, roasts, soups and poultry may be made into a mixture useful for general cooking purposes. The scraps should be "tried out" together. The proportion of soft fats to hard fats will usually be enough to make of the whole a good medium fat.

Chop the fat into fine pieces or run it through a meat-grinder. For each pound of fat allow one-half cup of milk. Cook in the top of a double boiler, or in a kettle set over water, until the fat is melted. Strain through several thicknesses of cheesecloth laid over a strainer.

Fat may be tried out in exactly the same way without the use of the milk, but milk improves the flavor and texture of the product. Sweet, sour or buttermilk may be used.

If the crisp cracklings left after straining are of good flavor and color they may be substituted for other fats in various dishes, notably in corn-meal and graham-flour mixtures, hashed brown potatoes, corn-meal mush that is to be fried, and any kind of baked hash.

How to Clarify Fat

If fat that has been tried out from scraps and drippings needs to be clarified, let it harden, remove it from the container, scrape away and discard any sediment that has settled in the bottom of the cake and melt it by pouring boiling water over it. Boil this mixture thoroughly, strain through several thicknesses of cheesecloth placed over a strainer, and set away to cool. When the fat is cold, remove the solid cake from the liquid. Discard the impurities in the bottom of the cake. If this

process is repeated two or three times, a cake of clean fat may be obtained.

If fat acquires, through use, a slightly burned or disagreeable flavor, melt it and for each pound or pint add a medium-sized potato cut in quarter-inch slices. Heat gradually. When the fat ceases to bubble and the potatoes are well browned, strain the fat through several thicknesses of cheesecloth placed over a strainer, and set away to cool. When ready to use, scrape away and discard sediment from bottom of cake. Potato helps to clarify fat as well as to purify it, for the potato is porous and gathers into its pores much of the sediment in the used fat.

How to Care for Fats

Since the four factors that are instrumental in making fat rancid are light, moisture, air and warmth, all fats should be kept in a dark, dry, cool place and as far as possible away from air.

Oils, particularly, are affected by air. If oil is bought in quantity and used a little at a time, it should be transferred from the large container to small ones. Each container should be filled completely full to exclude air, and should be sealed or stoppered. The containers should be kept in a dry, cool place, but not so cold that the contents will congeal. The top shelf of the refrigerator is usually satisfactory.

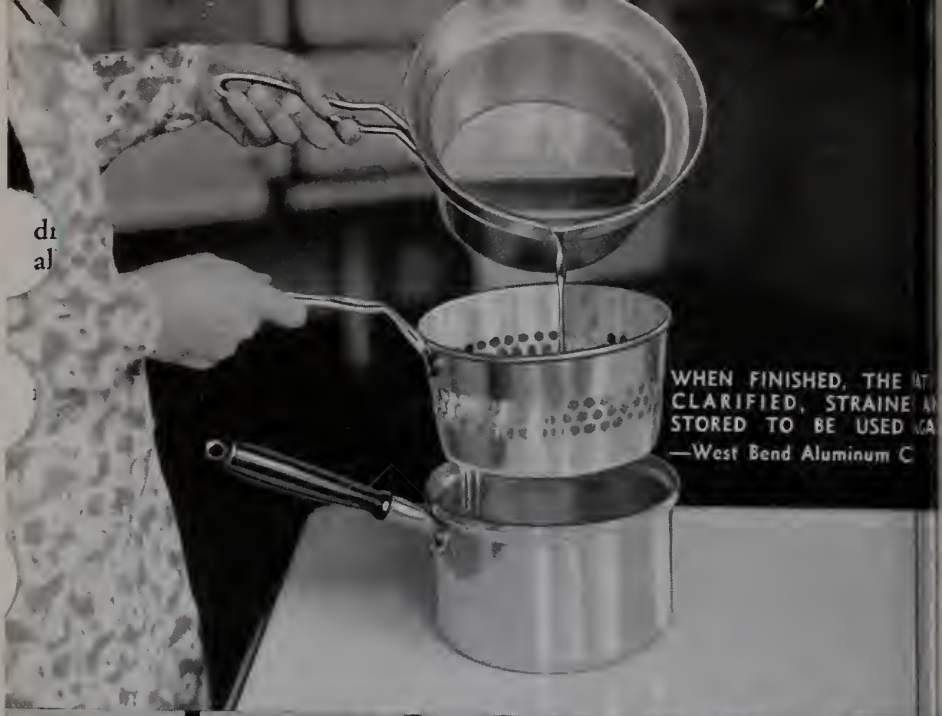
Deep Fat Frying

Fats for deep fat frying, should be capable of being heated to a high temperature without smoking or burning. Smoking impairs the flavor, the digestibility and the durability of fat. A fat should be capable of being used over and over again, but everytime the fat is used the smoking temperature will become lower, because of the amount of crumbs or other foreign matter which escapes from the food into the fat, unless the fat is always strained carefully after frying and clarified frequently.

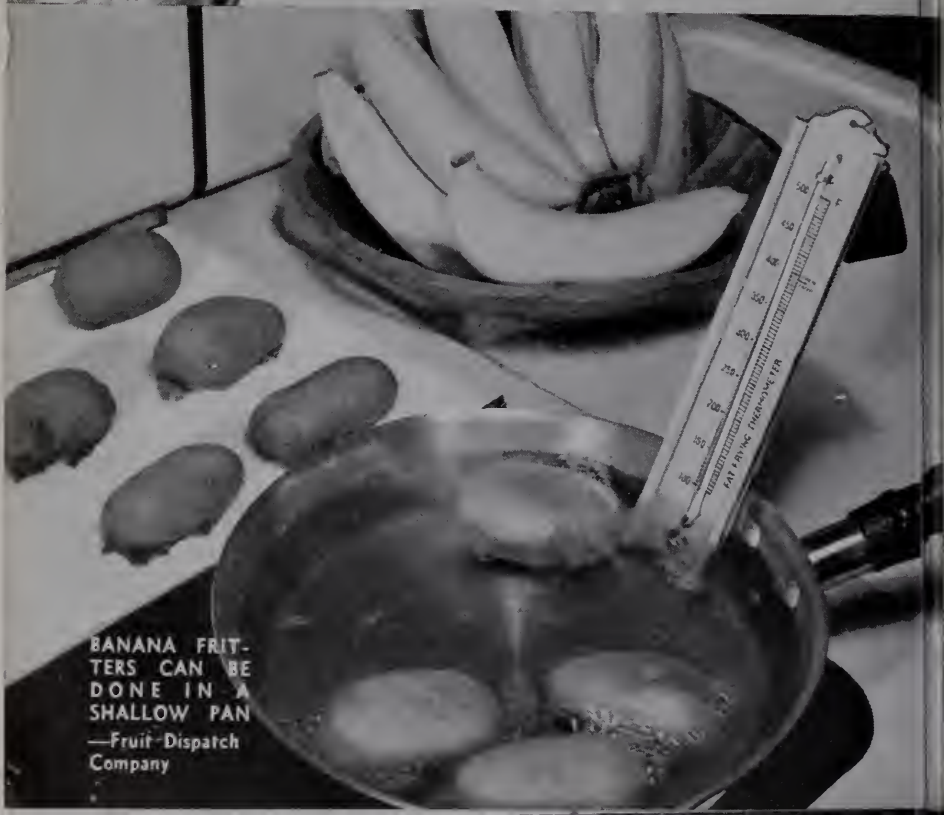
Vegetable Fats and Oils are used increasingly for frying. They have high smoking temperatures. They can be used over and over again and are not likely to burn. They absorb practically no odor from the food so can be used for all sorts of foods. They are, perhaps, the best all around fats for general use in frying. See photographs opposite.

EN THE THERMOMETER
S THE TIME HAS COME,
VER THE FOOD CAREFULLY
O STAND BY

DRAIN AT ONCE AND TURN
ONTO AN UNGLAZED PAPER
—West Bend Aluminum Co.



WHEN FINISHED, THE FAT CLARIFIED, STRAINED AND STORED TO BE USED AGAIN
—West Bend Aluminum Co.



BANANA FRITTERS CAN BE DONE IN A SHALLOW PAN
—Fruit-Dispatch Company

Olive Oil has a comparatively low smoking temperature. This is partly compensated for, however, by the fact that it produces smoke slowly and the smoke is non-irritating. It has more decided flavor than the other vegetable oils.

Lard must be used with great care to avoid overheating, and must be well clarified after each time of using. It has a rather low smoking temperature, smokes rapidly and produces an irritating smoke. Like all animal fats, it absorbs strong odors from foods.

Utensils for Frying

1. A deep iron bowl or scotch kettle. The bowl has one advantage over the flat-bottomed kettle; the sediment from food sinks into the curve of the bowl and does not adhere to food.
2. A wire basket that fits loosely into the kettle. This is to lift food into and out of the kettle. A skimmer will do this but it is not so convenient.
3. A long-handled spoon or fork to hold the basket out of the fat while the food is draining.
4. A pan large enough to hold the basket while it is being emptied or filled.
5. A large pan lined with soft paper on which to drain the food that has been fried.
6. A thermometer for testing the temperature of the fat.

Directions for Frying

1. Put enough fat into the kettle to submerge to a depth of one or two inches the articles to be fried. Do not fill kettle more than three-fourths full of fat. The fat in an over-full kettle may bubble over and catch fire.
2. Heat fat gradually to the desired temperature, which will be between 300° and 400° Fahrenheit, always, if possible, below the smoking point of the fat.
3. Put only moderate amounts of food into the fat at one time, because (a) when the very hot fat cooks the food it causes the moisture in the food to boil and this vigorous bubbling may cause the fat to bubble over the edge of the kettle, with risk of fire; and (b) too much food may so cool the fat as to delay the cooking and increase absorption of fat thus making a greasy product.

4. When the food is cooked to the desired brown color, remove at once, drain over the kettle for a few seconds, then place on soft paper to finish draining.

5. After frying is completed, let fat cool until it is safe to handle, then strain through several thicknesses of cheesecloth placed over a strainer. Clarify it frequently, after each time of using, if possible, as it will lengthen the lifetime of the fat.

If fat used in frying is not overheated, and if it is frequently clarified, it may be used over and over again, even if the smoking temperature is comparatively low.

If fish is well egged and crumbed before being fried, it will not seriously flavor the fat in which it is fried and the fat is then useful for frying foods other than fish.

Testing Fat for Frying

Fats should never be brought to the smoking point as a test of heat. Use a thermometer or drop into the fat a one-inch cube of bread from the soft part of the loaf. Judge the heat of the fat by the length of time it takes the bread to brown.

1. If the fat is the right temperature for large pieces of raw food—breaded chops, etc.,—(350°-375° F.) it will take from 1 to 1¼ minutes, for bread to brown.

2. If the fat is the right temperature for smaller pieces of raw food or raw batters and doughs (360°-390° F.) the piece of bread will brown in 50 to 60 seconds.

3. If the fat is the right temperature for most cooked foods—croquettes, fish balls, etc., (375° to 390° F.) the bread will brown in 40 to 50 seconds.

Have the Right Temperature in Frying—If fat is too hot, it scorches the food, or does not cook it through, or spoils the fat. If it is too cool, the food becomes soaked with fat. Fats of low smoking temperature will naturally soak into food a little more than fats of high smoking temperature, because the food must remain longer in the fat.

Egging and Crumbing Foods for Frying

Except in the case of foods like doughnuts, fritters, potatoes and fried breads, foods are ordinarily either egged and crumbed or dipped in an egg batter before being fried. This is because the egg or egg batter hardens in the hot fat, making a case about the food which keeps it from becoming fat soaked.

For crumbing, use dried bread crumbs rolled and sifted or soft crumbs forced through a strainer.

Break an egg into a shallow plate and beat it with a fork only enough to mix the yolk and white and not enough to beat air into it. Blend into the mixed egg two tablespoons water for each egg.

Place some crumbs on a board. Roll the food to be fried in the crumbs, covering all parts with crumbs.

Dip the crumb-covered food into the egg bath, being careful to cover every part with egg.

Lift food from egg with broad-bladed knife and roll again in crumbs.

Let stand a few moments to dry. The food is then ready for frying. Foods may be egged and crumbed several hours or even a day before being fried.

USEFUL FACTS ABOUT EGGS

Eggs Help to Bind Foods Together

Eggs Bind Fats and Liquids Together—Fats and liquids mixed together tend to separate very quickly. When egg is added to this mixture, it is possible, under right conditions, to secure a very intimate mixing of the fat and liquid. The best known household illustration of this is the combination of oil, vinegar and egg in mayonnaise dressing, which produces mixture that will keep for a long time. In the case of French dressing, the oil and acid can often be held together for an hour or longer if a small amount of egg-white is added.

Eggs Help to Combine Ingredients in Batter and Dough—Although many batter and dough mixtures, such as cakes, muffins, pancakes, and breads, may be and often are made without egg, the use of egg materially improves them. Egg brings about a very intimate mixing of fat and liquid not only with each other but also with the other ingredients present. This gives the product fineness of grain, particularly in mixtures containing fat, and increases its lightness of texture. Cake, fancy yeast breads, such as zwieback, brioche, rusks and fancy rolls, and quick breads, such as delicate muffins, owe a part of their delicacy of texture to the presence of eggs in the mixture.

Egg Increases Power of Batter or Dough to Hold Fat—By causing a more intimate mixing of fat with other ingre-

dients, the egg in a batter and dough mixture will permit the addition of more fat. If a cake is so rich that it has a tendency to fall, the addition of another egg may cure the difficulty. If it is not rich enough, yet falls when more fat is added, putting in another egg permits the use of more fat. If richer muffins are desired, the same rule holds good; eggs as well as fat may need to be added if the product is to retain its lightness. In fancy yeast breads such as zwieback, brioche, rusks and fancy rolls, the large amount of fat present does not reduce the lightness of the mixture, in part at least because of the effects of the egg present.

Egg Increases Power of Batter or Dough to Hold Liquid—Egg causes the liquid to be distributed in smaller particles throughout a batter and dough mixture. This makes it possible for the mixture to hold more liquid, without interfering with its lightness, than it could hold if the eggs were absent. Therefore, a bread or cake dough made with egg can be made softer than one in which egg is not used. This adds to the delicacy of the product. The popover is the most interesting illustration of a batter that is very light in spite of the large amount of liquid present.

Eggs Help to Give Lightness and Looseness of Texture

This property is due to the presence in egg of a tenacious, gluelike or viscous substance called albumin. Albumin has the power of holding air beaten into it, or gases formed in the mixture containing it, and of stretching as a result of this.

Air-Holding Power of Egg Reduced by Fat—Egg-yolk is very rich in fat. This is the reason that egg-white is better than the yolk for giving lightness and looseness of texture, and accounts for the direction, familiar to every housekeeper, not to permit any of the yolk to escape into the white when separating eggs, if the white is to be beaten stiff. In cakes in which the air-holding quality of egg-white needs to be used to greatest advantage, the egg-white is beaten alone and is folded lightly into the mixture at the last minute, so that the fat in the mixture may not reduce its viscosity.

Air-Holding Power of Egg Increased by Sugar—In limited amounts sugar increases the tenacity or viscous properties of egg. This fact is interestingly illustrated in cakes, where the addition of sugar, within limits, increases the lightness of the

cake. When sugar is added to beaten egg-white, in limited amounts, it increases the air-holding property of the egg, and the meringue is lighter than the beaten egg alone. When the sugar is added to unbeaten egg-white, in limited amounts, and the two are beaten together, not only can the product be made very light but a meringue made in this way holds the air for a much longer time than when it is made by beating the egg first.

Eggs Thicken Liquids, Making Custards

The value of eggs in custard making is due to the fact that raw eggs are fluid and readily mix with water or milk. When the mixture containing the egg is heated, the particles of egg become solid and the liquid is thus thickened.

Proportion of Egg to Liquid in Custard Mixtures

1 cup liquid 1 whole egg or 2 egg-yolks	Makes a mixture that has sufficient body to bake in small cups or for a medium thick soft custard.
1 cup liquid 1½ whole egg or 3 egg-yolks	Makes a mixture that has sufficient body to bake in a large baking-dish and hold its form while in the dish; or, when baked in small cups, to retain the form of the cup when turned into another dish. Good foundation for ice-cream if less than one-fourth to one-half its bulk of cream is to be used.
1 cup liquid 2 whole eggs or 1 whole egg and 2 egg-yolks	Makes a mixture that has sufficient body, when baked in a large baking-dish, to hold the form of the dish when turned into another dish. Good foundation for frozen custard where no cream is used. Good foundation for salad dressings.

Effects of Temperature on Eggs

The texture of eggs cooked alone or in custard mixtures is directly affected by the temperatures at which they are cooked.

Cooked at 180° to 200° Fahrenheit (below the boiling-point of water), the egg-white is firm but delicate and very tender and friable or easily broken apart. The egg-yolk is tender and salve-like.

Cooked at 212° Fahrenheit (at the boiling-point of water), the egg-white is firm, but somewhat tough. The egg-yolk is mealy.

Cooked at 350° to 400° Fahrenheit (the temperature of fat

hot enough for frying), the egg-white is leathery where touched by the fat, and the yolk is leathery where touched by the fat.

Why Custards Whey or Curdle

Custards usually whey or separate or curdle because they are cooked at too high a temperature or too long a time. Milk that is a little sour may cause curdling of a custard.

The best way to prevent wheying, separating or curdling is to regulate the temperature and time of cooking all custards by cooking them over or surrounded by water slightly below the boiling-point, by removing them from the heat when they are done, and by being sure that milk used in making them is entirely sweet.

If a soft custard begins to whey, separate, or, as it is usually called in this case, curdle, it should be removed immediately from the heat. The pan containing it may be set into a pan of cold water, and the custard may be beaten vigorously to redistribute the particles of egg and milk solids.

Precautions For Custards Made With Acids—If a soft custard mixture is to be made with vinegar or acid juices, such as lemon-juice or tomato-juice, the custard should be removed from the heat the minute the mixture begins to thicken. Hot acid coagulates egg and then very soon begins to digest it. This process makes it thin instead of thick. If an acid custard mixture has become thinned by cooking it for a minute too long, it must be thickened by adding more egg or by thickening it with flour, following the directions for starchy sauces. Custards made with acid require more egg than other custards to secure the same degree of thickness.

DIRECTIONS FOR MIXING AND COOKING CUSTARDS

Scald the liquid. This saves time in making all custards.

Thoroughly mix eggs, seasoning (as salt), and flavoring (as sugar) by stirring but not by beating.

Gradually add hot liquid to egg mixture.

For Firm Custards, pour custard mixture into baking-dish, set baking-dish in pan of hot water and cook in slow oven (300°-350° F.) or in a steamer at 180° to 200° F. until firm, keeping water in pan constantly below the boiling-point. The custard is done when the blade of a knife run into the center of the custard comes out clean.

For Soft Custards, cook in top of double boiler, keeping the water in the lower part constantly at 180° to 200° F. or just below the boiling-point. Stir constantly until the mixture stops frothing, coats the spoon, and has the thickness of cream. Remove at once.

Always cook custard mixtures over hot water or surrounded by hot water.

USEFUL FACTS ABOUT MILK

The value of milk in the daily meals is so great that every effort should be made to extend its use in cooking.

Whole Fresh or Pasteurized Milk need hardly be discussed since all homemakers are familiar with its use. Vitamin D Milk is a new form carrying an increased content of this vitamin. It is desirable, however, to describe other forms of milk which today play a prominent role in up-to-date kitchens.

Evaporated Milk is the most important of these. It is whole milk concentrated to double richness by evaporating part of the natural water content. No sugar is added. Evaporated milk has all the nutritive value of whole milk. When irradiated it carries an increased content of Vitamin D. It is an especially suitable food for babies.

For cooking, where whole milk is called for, an equal amount of water should be added to evaporated milk. In place of cream, it is used undiluted. Because this milk is homogenized, reducing the butterfat globules to tiniest particles, it produces excellent results in making cream soups, sauces, and other dishes where a fine, smooth consistency is desired.

Dry Milk made by evaporating all water leaves the milk solids in powdered form with the food value of pasteurized milk.

Condensed Milk, which contains a large amount of added sugar, is used for making some desserts.

Skim Milk may be used in cooking, but the fact must be remembered that the fat removed has carried with it important vitamins which must be returned as butter and cream.

Buttermilk, produced when the fat is removed as butter, is similarly deficient although valuable for its lactic acid.

Sour Milk is often needed for the invalid, for cooking or baking. It can be made from fresh milk by the addition of 2

tablespoons white vinegar or lemon juice to each pint of milk. Allow to stand in a fairly warm place at room temperature for one-half hour, then return to refrigerator. The same proportions obtain for evaporated or irradiated evaporated milk after it has been diluted one-half according to directions. In baking, use one-half teaspoon soda for every cup of sour milk or cream.

For Sour Cream add one tablespoon white vinegar or lemon juice to one cup cream or each cup evaporated or irradiated evaporated milk as it comes from the can.

TO PASTEURIZE MILK

If there is any question about the cleanliness of fresh milk to be used for drinking, it should be pasteurized or boiled. Infants or small children should never be fed any milk about which there is the slightest doubt.

Flash Process—Put it into a covered container set over hot water. Heat until the milk reaches a temperature of 160° to 165° F. Hold at this temperature for one-half to one minute. Cool as quickly as possible and keep in a cold place.

Holding Process—Heat until milk reaches 140° to 150° F. Hold at this temperature for about 30 minutes.

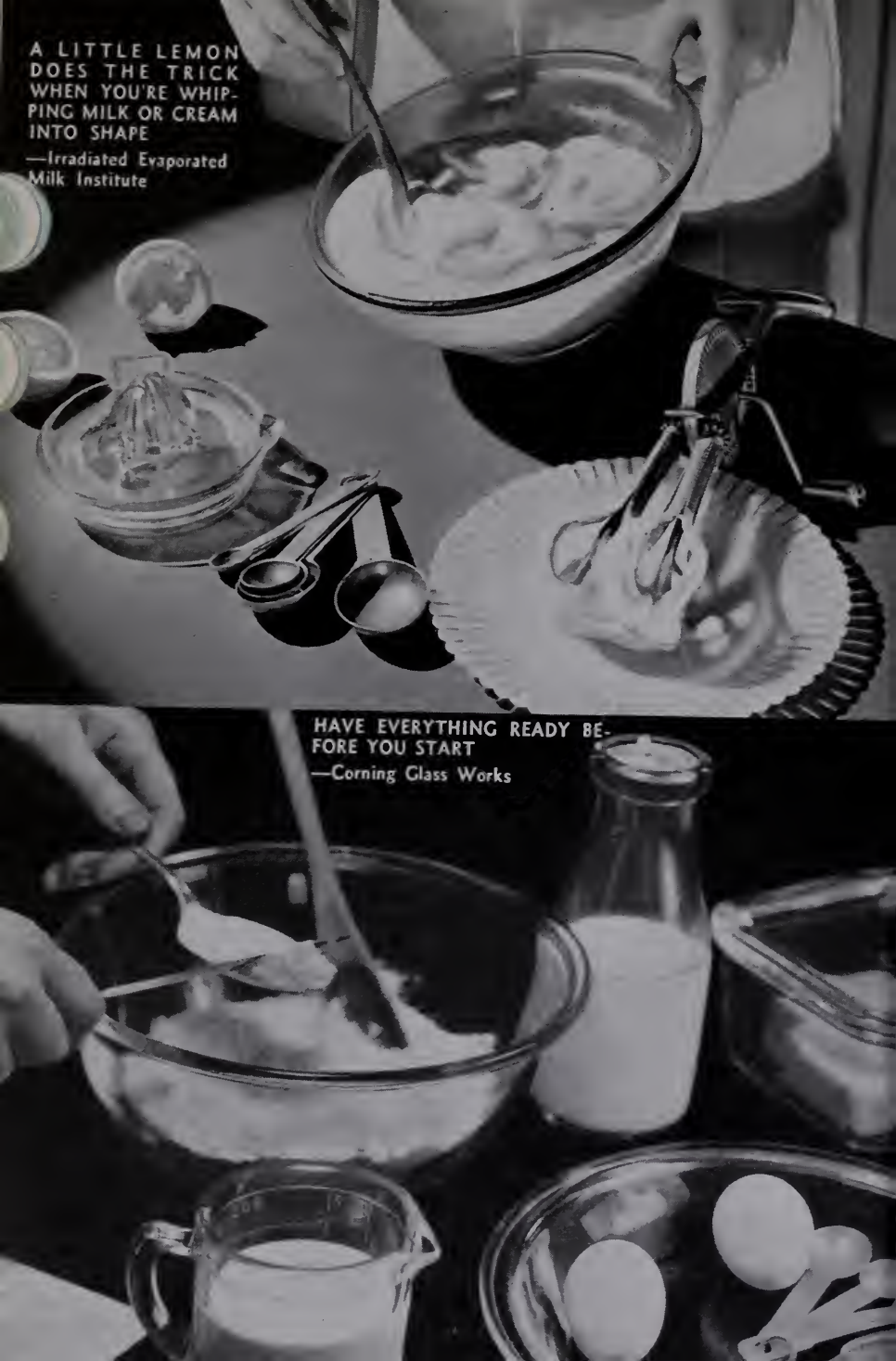
Pasteurized milk, if kept too long, is apt to putrefy instead of becoming sour. If any pasteurized milk is left over and there is danger of its spoiling before it can be used, it may be mixed with a little sour milk and set in a warm place until it all becomes sour. Sour milk may be kept for some days.

TO BOIL MILK

Flash Method—Put it into a shallow pan and cook quickly over direct heat so that the milk is brought as rapidly as possible to the boiling-point. Stir constantly to prevent scorching, making the figure eight with the spoon, as this brings the spoon the greatest number of times in contact with the part of the kettle receiving the most heat.

When the milk has boiled up once, remove from the fire and cool as rapidly as possible.

THE MACHINE BEATS TIME AS WELL AS BATTER WHILE YOU SUPPLY THE BRAIN THAT MAKES THE CAKE
—Chicago Flexible Shaft Company
Sunbeam
MIXMASTER
5


A LITTLE LEMON DOES THE TRICK WHEN YOU'RE WHIPPING MILK OR CREAM INTO SHAPE
—Irradiated Evaporated Milk Institute
HAVE EVERYTHING READY BEFORE YOU START
—Corning Glass Works

Milk boiled by this rapid method is believed to be less affected in nutritive value than pasteurized milk.

Boiled milk, like pasteurized milk, spoils rather than sours.

TO WHIP CREAM

To whip easily cream must be thick. This requires that it must contain not less than 20 per cent butter fat. Best results are obtained when it contains 25 to 40 per cent butter fat.

Fresh cream does not whip well even when it contains more than 20 per cent butter fat. This is because lactic acid is produced as cream ages, and the acid thickens the cream. The addition of one-half teaspoon commercial lactic acid to each pint of cream will do the same thing that is accomplished by twelve to twenty-four hours standing.

Warm cream will not whip well because warmth thins cream. As cream is chilled, the fat congeals and the cream thickens. Cream set on the ice for two hours will whip easily, if it is rich enough and old enough. The best temperature for whipping cream is between 35° and 50° Fahrenheit. Cream is doubled in bulk after whipping.

TO WHIP EVAPORATED MILK

Milk, bowl and beater should be thoroughly chilled to about 40° F. If the milk fails to whip, it is not cold enough. Scalding the milk prior to chilling causes it to whip a little more readily and somewhat stiffer, but scalding is not absolutely necessary. To scald the milk, cover the unopened cans with cold water. Bring water to a boil and continue boiling for five minutes.

Lemon juice can be added for even greater and "permanent" stiffness, when the lemon flavor is suitable to the food with which the whipped milk is to be combined. When lemon juice is used, first whip the milk until stiff. Then add two tablespoons of lemon juice for every cup of milk. Continue whipping long enough to blend in the lemon juice.

Evaporated milk has only about one-fifth of the amount of fat contained in whipping cream. Instead, it has a much greater content of whole milk solids. For that reason it is an ideal ingredient for a dessert which completes an already rich meal.

ALKALINE AND ACID-FORMING FOODS

Alkaline or Base-Forming Foods		Acid-Forming Foods
Olives	Berries	Bread, white and whole wheat
Carrots	Broccoli	Barley
Turnips and tops	Brussels Sprouts	Cheese, all but cream
Beans, lima, kidney, navy, soy	Buttermilk	Corn, fresh, canned and dried
Beets	Cabbage	Cornmeal
Citron	Cauliflower	Crackers
Dates	Celery, Chard	Cranberries
Potatoes	Cherries	Eggs, whole
Bananas	Chestnuts	Fish, fresh
Rutabagas	Chicory, Endive	Fish, smoked
Cantaloupe	Cream	Lentils
Sweet potatoes	Cheese, cream	Meats, fresh
Beans, pods, snap	Cucumbers	Meats, smoked
Oranges or juice	Eggplant	Oatmeal
Radishes	Grapefruit	Oysters
Tomatoes	Kohlrabi	Peanuts
Lemons or juice	Lettuce	Poultry
Pears	Milk	Prunes, Plums
Watermelon	Molasses	Rice
Apples	Parsnips	Walnuts
Almonds	Peaches, Figs	Wheat, flour and cereals
Apricots	Peas, fresh, canned and dried	
Asparagus	Pineapple	

HOW TO BUY FOOD

THOUGHT should be given to the expenditure of the money allotted to food, as a balanced diet, so necessary to health, depends on the wise apportionment of that allowance. The following rules apply to the average healthy family; they may be modified by each housewife to meet her own special needs.

Milk

Spend as much for milk as is necessary to secure for each child three-quarters of a quart to a quart of milk a day and for every one else in the family from one-third to one-half quart of milk a day. If you can not afford whole milk, buy skim milk for the children. Cheese may replace a part of the milk for adults if they prefer it. Two ounces of cheese may be substituted for about one-third of a quart of milk.

Fruits and Vegetables

It is desirable to include fruit twice a day. Use fresh fruits in the height of their season. When they are cheapest, preserve them for winter use. Dried fruits, such as prunes, apricots, peaches and raisins, can always be bought in the markets and are probably the most inexpensive of all fruits. Oranges are particularly wholesome and should be used as often as possible unless replaced by tomatoes.

Women and little children will eat about two average potatoes and ¼ lb. other vegetables daily. Adolescents and men at hard work can eat two to three times that amount.

Cereals

Buy cereals in variety. Be sure to include a generous proportion of cereals made from the whole grain. These contain elements of nutrition that are lost when the outer coat is removed, and also furnish part of the necessary roughage in the diet. Such cereals are especially desirable when it is difficult to use as great a quantity of vegetables and fruits as these rules call for.

Fat

For each grown person, every day, buy at least one and one-half ounces of fat (butter, cooking fat, cream, fat from meat, etc.). For children buy at least one-half as much, unless the child is getting a quart of whole milk daily; in that case, he is getting a large part of his fat allowance in the milk.

Meat and Other Protein Food

Ordinarily, do not try to serve flesh foods (meat, fish, and poultry) more than once a day. Milk, eggs, and cheese supply a desirable quality of protein or muscle-building foods and may be served instead of meat. The more milk one has, the less meat he needs. Peas, beans and cereals can not replace the high-quality protein found in meat, eggs, milk and cheese, but they have great value in supplementing the animal proteins. If they are used instead of meat, some milk, eggs or cheese should be included in the meal. The weekly allowance of meat foods need not be higher than one and three-quarters pounds for each person in the family, in order to furnish appetizing meals. This means an average daily portion of not more than a quarter of a pound.

A child under four or five years of age is well off without any meat at all. If he has an egg every day in addition to his three-fourths of a quart or quart of milk allowance, he will get adequate protein food.

A child four or five years old may have a little meat-food in addition to his milk allowance. He should have no more than a small serving (an ounce or less) each day of lean beef, mutton, lamb, chicken, lean fish or oysters.

Sweets

Buy only moderate amounts of sugar, molasses, honey or sirup.

How to Select Canned and Package Goods

If the average household is to be supplied with the vegetables and fruits needed in the abundance recommended in this book, some provision must be made to have a supply on hand during the months when fresh products are not available. In some

households, these will be stored, canned, or otherwise preserved at home. In others, they must be purchased fresh from the market or bought in preserved form from the dealer.

It would be a profitable thing for every housewife to learn sizes in canned goods and demand certain standards. She should keep a record of good and poor grades so that she may ask for the quality she prefers. Canned goods that are used frequently should be purchased in case lots, as a wholesale or reduced price can be obtained in that way.

The canneries have the sizes of cans well standardized and the housewife will find it to her advantage to know the common sizes. The following list gives the size of the can by number together with an approximate estimate of its contents:

Standard Sizes in Cans and What They Contain

No. ¼ cans—sardines, potted meats such as deviled ham, condensed milk—contain 4 to 4½ oz.; approximately ½ cup.

No. ½ cans—shrimp, lobster, salmon, pimiento, condensed milk—contain 7½ to 8 oz.; approximately 1 cup.

No. 1 cans (short or small)—tunafish, canned soup, milk, boned meats such as chicken—contain 10 to 13 oz.; approximately 1¾ cups.

No. 1 cans (tall or square)—salmon, asparagus tips—contain 1 lb.; approximately 2 cups.

No. 2 cans—vegetables such as peas, corn, beans and some fruits, such as pineapple and berries—contain 1 lb. 4 oz.; approximately 2½ to 3 cups.

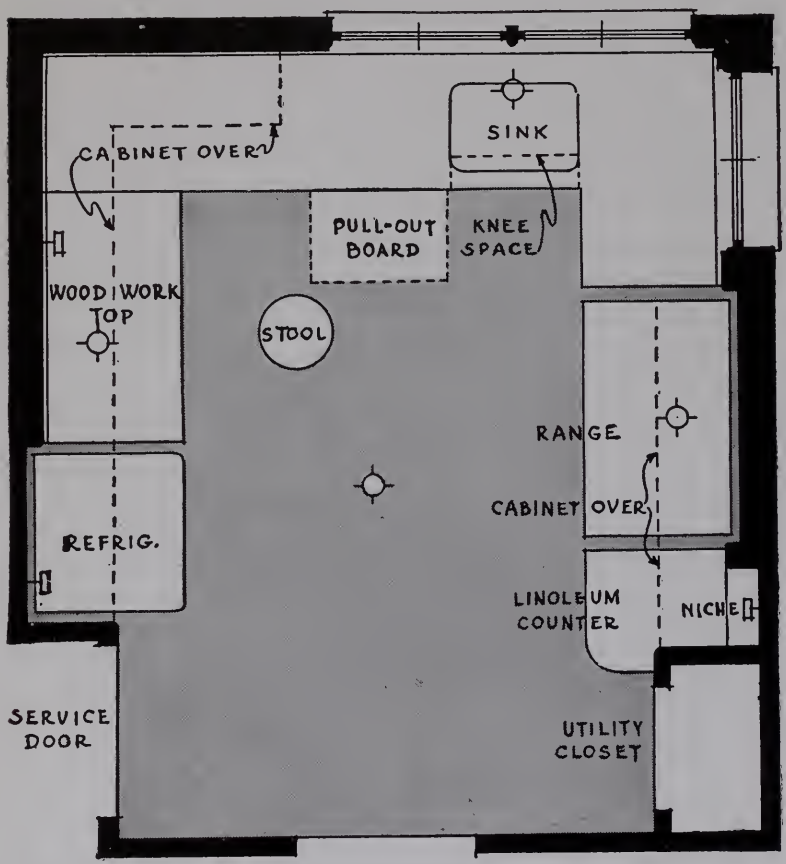
No. 2½ cans—fruits such as pineapple, peaches, pears, plums, berries; also many vegetables, such as beets, asparagus stalks in square tins, spinach—contain 1 lb. 14 oz. to 1 lb. 15 oz.; approximately 3½ cups.

No. 3 cans—tomatoes, beets, sauerkraut, pumpkin and fruits—contain 2 lbs. to 2 lbs. 1 oz.; approximately 4 cups.

No. 10 cans—mince-meat, apple sauce, marmalades, jams, pickles, sauerkraut, baked beans, corn on cob, in fact, nearly all canned goods for large quantity use—contain 6 lbs. 8 oz. to 7 lbs. and over for fruits and vegetables and 7 lbs. 8 oz. to 8 lbs. 12 oz. for marmalades and jams. Approximately 3¼ quarts.

While the size of can is standardized, there is a variation in weights of cans put up by different canneries. This difference

in weight is probably due to a more solid pack or a greater density in sirup content in the heavier cans and, this being the case, the housewife should know not only the number but also the weight she can expect in a can of any given size.



WHEN YOU DO YOUR KITCHEN SEE THAT THINGS MOVE FROM LEFT TO RIGHT TOWARD THE DINING-ROOM DOOR

—Peoples Gas Light and Coke Company

FOOD VALUES AND MEAL PLANNING

TODAY the modern woman carefully plans her meals. She realizes that meals must appeal to the appetite and to the eye, but what is more important, they must be properly balanced to build healthy bodies, to stimulate vigor and energy, and to build up resistance against the elements and disease. The modern woman, in preparing a food budget, knows that bulky foods are essential, but not any more or less than the powerful, natural chemicals which we know today as vitamins. The modern woman has learned to distinguish between vitamins and calories. She knows that vitamins have to do with the chemical properties of many kinds of food, supplying the resistance-building and life-giving properties we shall discuss shortly at greater length. Calories, on the other hand, are units of heat formed during digestion of many foods and varying in a remarkable degree with the kinds of food eaten. Fresh vegetables and fruits provide little heat when digested and hence are said to be "low in calories," while fats, starches and sugars produce a high degree of heat and so are called "high calorie foods." When more of these are eaten than can be used up as energy, the remainder is deposited as fat. That is why we gain weight by eating foods of high caloric content and lose when their amount is reduced.

WHAT TO BUY TO BUILD HEALTHFUL MENUS

The food dollar will be used to advantage and serve all its necessary purposes, if it is divided into five, spent and served as follows:

ONE-FIFTH or more for whole milk, cream, cheese and cod-liver oil for growing children. Plan to give each child 1 quart and each adult at least 1 pint of milk in some form, per day.

ONE-FIFTH for vegetables and fruit, with emphasis on the green leaf and yellow fruits and vegetables. Serve at least 1 cooked vegetable, besides potatoes, and 1 fresh vegetable each day. Serve fresh fruit twice a day, with citrus fruit at least once.

ONE-FIFTH or less for meats, fish and eggs, serving liver in some form at least once a week.

ONE-FIFTH for breads and cereals, especially the whole grains.

ONE-FIFTH for fats, sugar and other groceries.

WHAT FOOD MATERIALS DO FOR THE BODY

The healthy body is built and maintained by:

Protein—helps make flesh and blood
Calcium—for bone, teeth, glands, nerve and muscle
Phosphorus—for bones, teeth, glands, muscle and nerve
Iron—with Copper and Manganese to help make blood
Iodine—for the functioning of the thyroid gland
Fat—heat, energy and padding for nerve and muscle
Sugars and Starches—supply heat and energy as well as fat—necessary for the proper functioning of the liver and the digestion of fat

Health can not be maintained nor the body function properly without abundant supplies of Vitamins. They are:

Vitamin A—promotes growth, increases resistance to infective diseases and prevents certain eye diseases
Vitamin B—promotes growth, stimulates appetite, protects nerve and brain tissue and function
Vitamin C—promotes growth, protects jawbone and teeth and the walls of the blood vessels
Vitamin D—promotes calcification of teeth and bones, hence protects against rickets and its deformities
Vitamin E—protects the growth and function of the reproductive glands and organs
Vitamin F—promotes growth and protects skin, hair and kidneys
Vitamin G—promotes growth and normal nutrition and prevents pellagra

WHERE TO FIND THESE BUILDING AND PROTECTING FOODS

PROTEIN	Milk, eggs, cheese, all meat, poultry and game, all fish and sea foods, peas, beans, corn, all nuts, all grains.
CALCIUM	Cheese, almonds, milk, green vegetables and tops, dried peas, beans, figs and dates, all sea food, egg yolk, olives, pecans.
PHOSPHORUS	Cheese, cashew nuts, almonds, dried peas, beans, lentils, Lima beans, all salt-water fish, liver, egg yolk, chocolate, unrefined grains, all meats and poultry, walnuts, peanuts, pecans.
IRON	Liver (calf, chicken, lamb), oysters, green vegetables and tops, egg yolk, dried peas, beans, lentils, Lima beans, raisins, currants, dates, prunes, avocados, almonds, fresh meats.
COPPER MANGANESE	Almonds, oysters, oatmeal, dried lentils, beans and peas, huckleberries, dates, pecans, shrimp, turnip tops, whole wheat.
IODINE	Sea foods and salt-water fish are the best sources of iodine, also iodized salt and cod-liver oil.
FATS	Butter, cheese, nuts, cream, fat meats, poultry and fish, margarine, lard, fish canned in oil, cottonseed oil, corn oil, olive oil, cod-liver oil, avocado, egg yolk, chocolate, olives.
SUGARS AND STARCHES	Sugar, molasses, honey, dried fruits, sweet chocolate, maple sugar and sirup, sorghum, jams, jellies, preserves, beets.
	Potato, sweet potato and yams, rice, corn, tapioca, cornstarch, arrowroot, all dried peas and beans, lentils, all grains, all flours, Jerusalem artichokes, winter squashes, pumpkin, okra, all nuts.

THE VITAMIN CONTENT of IMPORTANT FOODS

Food	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Almonds	A	BB	—	GG
Apples	A	B to BB	CC	GG
Apricots	AA	—	CC	GG
Asparagus	A	—	CC	—
Avocado	AA	BBB	C	GG
Bacon	— to A	B to BB	—	GG
Bananas	A to AA	B to BB	CC	GG
Barley, whole	A	BB	—	G
Beans, dry or canned	A	BB	—	G
Beans, string	AA	BB	CC	GG
Beef	A	BB	— to C	GG
Beef fat	AA	—	—	—
Beets (roots)	A	B	C	G
Beet leaves	AA	BB	—	GGG
Brains	A	BB	—	—
Brazil nuts	A	BB	—	GG
Bread, white, water†	—	B	—	—
Bread, white, milk†	A	B	— to C	G
Bread, whole wheat, water†	A	BBB	—	G
Bread, whole wheat, milk†	AA	BBB	— to C	GG
Broccoli	AAAA	BB	C	GGG
Butter*	AAA	—	—	—
Buttermilk	A	BB	C	GGG
Cabbage, green, raw	AA	BB	CCC	GG
Cabbage, head, cooked	A	BB	C	GG
Cantaloupe	AA	BB	CCC	GG
Carrots	AAA	BB	CC	GG
Cauliflower	A	BB	C	GG
Celery, bleached stems	— to A	BB	CC	—
Celery, green leaves	AA	BB	—	—
Chard	AA	B to BB	—	—
Cheese, whole milk*	AA to AAA	—	—	G
Cheese, cottage	A	—	—	G
Cherries	AA	B	CC	—
Chestnuts	—	B	—	G
Chinese cabbage	AA	BB	CCC	G
Coconut	A	BB	—	GG
Cod-liver oil††	AAA	—	—	—
Collards	AAA	BB	CC	GG
Corn, yellow	AA	BB	—	G
Corn meal	A to AA	B	—	—
Corn oil	A	—	—	—
Cottonseed oil	—	—	—	—
Cranberry (or juice)	A	—	CC	—

* Supplies a small amount of Vitamin D
† When irradiated, an excellent source of Vitamin D
†† An excellent source of Vitamins A and D

Food	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Cream	AAA	BB	C	GGG
Cress	AAA	BB	CCC	GG
Cucumber	— to A	B	CC	G
Dandelion greens	AAA	BB	C	GG
Dasheens	A	B	C	—
Dates	A	BB	—	G
Eggs	AAA	B to BB	—	GGG
Egg white	—	—	—	GG
Egg yolk*	AAA	BB	—	GGG
Eggplant	A	B	C	GG
Endive	AA	—	C	—
Escarole	AAA	—	C	GG
Figs	A	—	C to —	G
Filberts	—	BB	—	GG
Fish, fat*	A	B	—	G
Fish, lean	— to A	B	—	G
Grapefruit (or juice, fresh or canned)	A	BB	CCC	GG
Grapes	A	B	C to —	G
Grape juice	—	B to —	—	— to G
Ham	— to A	BB	—	GG
Heart	A	BB	C	GGG
Hickory nuts	—	BB	—	GG
Ice cream (regular)	AA	BB	C	GGG
Kale	AAA	B	CC	GGG
Kidney	AA	BB	C	GGG
Kohlrabi	—	B	C	—
Lemon juice	A	BB	CCC	GG
Lettuce	A to AA	BB	CC	GG
Limes (or juice)	—	—	CC	—
Liver	AA to AAA	BB	C	GGG
Mangoes	AAA	BB	CCC	GG
Milk, whole†	AAA	BB	C	GGG
Milk, "scalded"	AAA	BB	C	GGG
Milk, condensed†	AAA	BB	C	GGG
Milk, evaporated†	AAA	BB	—	GGG
Milk, dried, whole	AAA	BB	C	GGG
Milk, dried, skim	A	BB	C	GGG
Milk, fresh, skim	A	BB	C	GGG
Molasses	—	B	—	—
Mutton	— to A	BB	—	GG
Oatmeal	— to A	BB	—	G
Okra	AA	BB	—	—
Onions, raw	— to A	B	CC	G
Onions, cooked	— to A	B	C	G
Orange (or juice)	A	BB	CCC	GG
Orange peel	A	B	CC	—
Oysters	AA	BB	C	GG
Parsley	AAA	BB	CCC	—
Parsnips	— to A	BB	—	—
Peaches, raw	A to AA	B to BB	CC	G to GG

*Supplies a small amount of Vitamin D
† When irradiated, an excellent source of Vitamin D

Food	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Peanuts	A	BB	—	G
Peanut butter	A	BB	—	G
Pears	—	BB	C	GG
Peas, green	AA	BB	CCC	GG
Peas, dry	A	BB	—	GG
Pecans	A	BB	—	—
Peppers, green	AA	BB	CCC	—
Pimientos	AAA	—	CCC	—
Pine nuts	A	B	—	—
Pineapple, raw	A	BB	CC	G
Pineapple, canned	A	BB	CC	G
Pork	— to A	BB	—	GG
Potatoes, white	A	BB	CC	G
Prunes	AA	BB	—	GG
Pumpkin	AA	B	C	G
Radish	— to A	BB	CC	—
Raisins	—	B	—	G
Raspberries	AA	B	CCC	—
Rhubarb	—	—	C	—
Rice, white	—	—	—	—
Rice, whole grain or brown	A	BB	—	G
Roe, fish	AA	BB	—	—
Romaine	AA	BB	—	GG
Rutabaga	— to A	BB	CCC	—
Rye, whole	A	BB	—	G
Salmon, canned	A	—	—	GG
Sauerkraut	A	B	C to CC	—
Shrimp	A	—	—	—
Spinach	AAA	B	CC	GG
Squash, Hubbard	AAA	B	—	G
Squash, summer	A	B	—	G
Strawberries	A	B	CCC	—
Swede	—	BB	CCC	—
Sweetbreads	A	B	—	—
Sweet potatoes	AAA	BB	CC	G
Tomato, raw or canned	AA	BB	CCC	G
Turnip	— to A	B	CC	G
Turnip greens	AAA	BB	CCC	GG
Veal	— to A	B	—	GG
Walnuts	A	BB	—	—
Water cress	AAA	BB	CCC	GG
Watermelon	A	B	CCC	G
Wheat bran	A	BB	—	G
Wheat embryo	AA	BBB	—	GG
Wheat, whole	A	BB	—	G
Yeast†	—	BBB	—	GGG
Yeast bouillon†	—	BBB	—	GGG

† When irradiated, an excellent source of Vitamin D

THE NUMBER OF CALORIES in YOUR USUAL SERVINGS

Food	Calories
Almonds, 12	100
Almonds, chocolate, 5	100
Apple	34
Apple, baked, 2 teaspoons sugar	200
Apple, baked, 1 teaspoon sugar	150
Apple, brown Betty, ½ cup	250
Apple pie	300-350
Apple tapioca, ½ cup	205
Asparagus, 10 large stalks, no butter	50
Asparagus, 10 large stalks, with butter	150
Asparagus, 10 large stalks, with Hollandaise sauce	240
Avocado, ½ fruit	120-300
Bacon, broiled, four small slices	100
Banana, average size	100
Beans, dried	393
Lima beans, dried	398
Beans, string, ½ to 1 cup serving	22-44
Beef, round steak, lean, 4-ounce serving	170-220
Beet greens, ½ cup serving	22
Beets, red	50
Blackberries, fresh, ½ cup	100
Blackberries, cooked, with sugar, ½ cup	200
Blueberries, fresh, ½ cup	160
Bluefish, broiled, small serving	100
Brazil nuts, 2	100
Bread, white	70
Bread, Boston brown	52
Broccoli	45
Butter, 1 teaspoon	100
Butter, ordinary serving	50-100
Cabbage, cooked	32
Cabbage, raw, shredded, ½ cup	13
Cantaloupe, ½	50
Carrots	30-40
Cauliflower	25
Celery	15
Cream of celery soup, per cup	200
Chard	36
Cheese, 1-inch cube	70
Cherries, 10 large ones	50
Chestnuts, 7 average	100
Chicken, roast, small slice	100
Chocolate cake	200
Chocolate cream candy, average piece	80-100
Chocolate cream mint, 1½-inch diameter	100
Chocolate drop cookie, 2-inch diameter	60

Food	Calories
Chocolate éclair	260-400
Chocolate fudge, 1-inch cube	80-90
Chocolate malted milk, large glass	465
Coleslaw, ½ cup	50
Corn bread, average piece	120
Corn flakes, ¾ cup	100
Crackers, graham	100
Crackers, soda	85
Cream, heavy, per teaspoon	60
Cream, whipped, per teaspoon	35
Cream, thin, per teaspoon	30
Cucumbers	12½
Currants, dry, ¼ cup	182
Cup custard, ½ cup	150
Dates, 3 or 4	100
Doughnut	200
Duck, small helping	120
Egg	70-75
Eggnog, 1 cup	200
Farina, cooked, ¾ cup	100
Fig, average, dry	100
Filberts, 8 to 10	100
French dressing, 1 teaspoon	67
Grapefruit, ½, average size	70
Grapefruit, ½, average size, with honey or sugar	140
Grapefruit juice	45
Grape juice	100
Grapes, large bunch	100
Grapes, Malaga, 20 to 25	100
Griddle cake, 4 or 5 inch	100
Halibut	85-110
Ham	270-400
Hard sauce, 1 teaspoon	100
Hominy, dry	400
Kale, cooked without fat, ½ cup	20
Kohlrabi, creamed, ½ cup	100
Lemon	30
Lemon meringue pie	450
Lettuce, ¼ head	12
Lettuce, ¼ head, with salad dressing	100-150
Liver, ¼ pound	145-220
Macaroni	425-500
Macaroons, each	50
Mackerel	85-100
Mayonnaise dressing, 1 teaspoon	100
Milk, per glass	110-170
Milk, skimmed, per glass	80
Milk, irradiated evaporated, 1 cup, diluted to drink	175
Mince pie	450
Muffin	125-150

Food	Calories
Mutton	225-500
Napoleon, average size	453
Oatmeal	150-250
Olives, each	15
Onions, cooked	50-60
Orange	100
Orange juice, small glass	50
Oysters, average size	6-16
Peaches, fresh	35
Peaches, canned, 1 with 3 teaspoons juice	100
Peanuts, ¼ pound	620
Peas, fresh, cooked, ⅜ cup	50
Peas, dry, cooked	400
Pecans, 6 nuts	100
Peppers, green, average size	20
Pineapple, canned, 1 slice, 3 teaspoons juice	100
Pineapple, fresh	50
Plums, 3 or 4 large, fresh	100
Popover	100
Pork	300-620
Pork, salt	1000
Potato, 1, average size	100
Potato chips, 8 to 10	100
Prunes, average size, 1	25
Pumpkin pie	225
Radish, average size	3
Raisin pie	450
Raisin-cranberry pie	400
Rice, steamed, ½ cup	70
Rice pudding, plain, ½ cup	200
Rice pudding, with egg, ½ cup	133
Salmon, canned	225
Shrimps, without oil, each	5
Spinach	25
Squash pie	225
Strawberries, ½ cup	65
Strawberry shortcake	480
Strawberry shortcake, with whipped cream	530
Sweet potato	140
Tomato, fresh or canned	105
Tomato juice	25
Tuna, canned with oil	315
Tuna, canned without oil	140
Turnips	45
Turnip greens	35
Vanilla sundae with chocolate sauce	395
Veal	115-200
Walnuts, 6	100
Water cress	10
Watermelon	15
Wheat breakfast food, 1 ounce	100

MENU MAKING

ALTHOUGH it is desirable that each meal should be well selected, the food for the entire day is the real measure of good nutrition. The food-selection chart should be used to determine the types of food to be selected. The art of combining these foods into wholesome and satisfying meals is the art of menu making.

Every meal should be planned to meet first the needs of the youngest and weakest member of the family. Foods that are good for children are equally good for adults but foods that are good for adults may be very bad for children. It is easier to suit a child's dietary to the adult than to suit an adult's dietary to a child.

Points to Keep in Mind in Making Menus

In order to encourage good digestion and to make sure that the family enjoys the meal as well as receives benefit from it, all of the following factors should be considered:

THE STAYING QUALITY OF FOOD—Does it leave the stomach quickly or slowly? For healthy, active adults working outdoors, a great deal of food that has considerable staying quality may be highly desirable. For indoor workers and for children this type of food may be the wrong choice.

Fats and fat-rich foods all have staying quality. Cream sauces, cereals and similar foods have moderate staying qualities. Liquid foods, foods containing meat-juices or fruit acids are likely to encourage quick passage of food along the digestive tract. This is one reason for beginning a meal with meat soup or fruit in some form.

THE MOST SATISFACTORY CONDITIONS of digestion and elimination are encouraged by use of generous amounts of bulky, moist foods, such as fruits, succulent vegetables, whole cereals and water.

TOO MUCH SWEET FOOD should not be included, since it may give rise to excessive fermentation in the digestive tract.

TOO MUCH MEAT AND EGGS should not be included, since

they may give rise to excessive putrefaction in the digestive tract.

The Texture of Food plays an important part in its attractiveness. Crisp foods should be associated with soft ones. Variations in texture, even in a single dish, always appeal: oatmeal with cream and a sprinkle of coarse sugar; rice pudding with raisins; ice-cream with cake; crackers with cheese; crisp salad with soft dressing.

The Appearance of Food is important to civilized man. Beautiful color and dainty, attractive arrangement play a large part in a successful meal.

The Flavor of Food plays an important part. Too often, however, food is selected only on the basis of what tastes good. The main background of the diet should be made up of bland, mild-flavored foods, like milk, bread, cereals, many vegetables. The accent should come by the use of the more highly flavored foods such as meat, fruit, sugar, condiments and herbs of various kinds.

Suggestions for the General Plan of a Day's Meals

Breakfast

Fruit, fresh, canned, dried, or fresh stewed.

Milk, or cocoa made with milk, for the children. Milk, cocoa, tea, coffee or other beverage for adults. Milk on cereal for all the family.

Cereal, preferably whole, for all the family.

Bread, toast or muffins with butter.

If a heartier meal is needed, it may be desirable to add eggs, bacon or other fat meat, and potatoes, adapting the method of cooking to the children.

Doughnuts, cookies, jam, jelly, marmalade, and pancakes with sirup should be considered desserts, even at breakfast time, to be eaten only after more wholesome foods have been taken.

Lunch or Supper

An egg, cheese or milk dish.

Succulent vegetable or salad.

Bread and butter, toast, muffins, or plain sandwiches.

Milk for children. Any preferred beverage for adults.

Sweets in moderation. Only light desserts such as fruit, simple pudding, and cookies should be served at supper.

The meal may be made more elaborate, if desired, but should always partake of simplicity.

Dinner

Meat or other flesh or an egg or cheese dish. Dried beans may be used if milk or eggs are provided in the meal.

Potatoes, unless the meal includes dried beans, macaroni or rice.

Another vegetable. Two vegetables (not potatoes) should be used with dried beans, macaroni or rice.

Bread and butter.

Salad may be served in addition to the meal or in the place of dessert. Raw vegetables that may be served as salad are particularly desirable.

Sweets in moderation.

If all the milk that a person requires has not been used, the remaining amount may be served as a beverage.

If a more elaborate dinner is desired, the meal may begin with soup or an appetizer, such as a fruit cocktail or grapefruit, oysters in some form, or a canapé. The problem of the formal meal is discussed in the section that follows the simple menus given below.

SIMPLE MENUS

Breakfasts

Strawberries with Cream
Corn Flakes Graham Muffins
Coffee Milk

Stewed Apricots
Corn-meal Mush Buttered Toast
Coffee Milk

Granular Wheat with Raisins and Top Milk
Oatmeal Gems Eggs
Coffee Milk

Baked Pears
French Toast Maple Sirup
Coffee Milk

Sliced Oranges
Scrambled Eggs and Bacon
Toast
Coffee Milk

Grapefruit
Codfish Balls
Baking Powder Biscuits
Coffee Milk

BREAKFASTS—*Continued*

Any Fruit in Season
Ham Omelet Graham Biscuits
Coffee Milk

Oatmeal and Prunes
with Top Milk
Corn Muffins Boiled Eggs
Coffee Milk

Oatmeal with Top Milk
or Bacon and Eggs
Toast Marmalade
Coffee Milk

Hot Baked Apples
Sausage Cakes Popovers
Coffee Milk

Ready to Eat Cereal
Sliced Bananas with Top Milk
Poached Eggs on Toast Toast
Coffee Milk

Luncheons or Suppers

Banana and Nut Salad
Muffins Honey Milk Tea

Spaghetti with Tomato Sauce
Waldorf Salad
Brown Bread Sandwiches
Milk Tea

Delmonico Potatoes
Corn Oysters Canned Fruit
Molasses Cookies

Cream of Potato Soup Wafers
Asparagus Salad
Toast Apple Jelly
Cocoa

Cream of Tomato Soup Saltines
Apple and Celery Salad Rolls

Creamed Salmon on Toast
Graham Bread and Butter
Sliced Oranges with Coconut

Cream of Potato Soup
Toasted Cheese Sandwiches
Fresh Fruit

Potato Salad
Sausages or Cold Ham
Apple Sauce Biscuits

Lima Beans in Casserole Muffins
Grapefruit and Celery Salad
Tea Milk

Cream of Tomato Soup
Croutons
Brown Bread Sandwiches
with Cheese Filling
Fruit Salad
Tea Milk

Cabbage au Gratin
Plain Sandwiches
Lettuce Salad with French
Dressing
Apricot and Rice Pudding

LUNCHEONS OR SUPPERS—*Continued*

Pork and Beans
Pickle, Celery and Lettuce Salad
Brown Bread Plum Sauce
Tea Milk

Macaroni and Cheese
Stewed Tomatoes Bread
Baked Apple with Tapioca
Tea Milk

Creamed Salmon Baked Potatoes
Pickles Bread
Orange and Bermuda Onion Salad
Tea Milk

Scalloped Oysters
Toasted English Muffins
Canned or Fresh Fruit
Tea Milk

Cheese Soufflé Baked Potatoes
Waldorf Salad Rolls
Cocoa

Cold Meat
Tomato and Celery Salad
Hot Gingerbread and Whipped Cream
Bread
Tea Milk

Cheese Fondue Vegetable Salad
Bread
Cereal Pudding with Dates

Grapefruit
Tunafish Salad
French Fried Potatoes
Graham Gems
Floating Island Custard

Luncheons or Suppers Without Meat

Creamed Asparagus on Toast
Stewed Tomatoes
Cottage-Cheese Salad
Prune Whip Custard Sauce

Lettuce and Peanut Butter Sandwiches
Banana Salad
Apple Sauce Cookies Milk

Stuffed Baked Potatoes
Cheese, Pickle and Pea Salad
Drop Biscuits
Pineapple Ginger Snaps

Scalloped Oysters Waldorf Salad
Graham Muffins
Floating Island Custard
Tea

Tomato Soup
Rice Croquettes with Cheese Sauce
Green Peas
Baked Apple with Raisins and Nuts
Milk

Brown-Bread and Cream-Cheese Sandwiches
Apricots Vanilla Wafers
Tea or Milk

A VEGETABLE LUNCHEON

On one plate a small serving of four or five vegetables, as:
Potato Turnips Squash
A Green Vegetable
Beets Carrots

Dinners

Broiled Steak
Mashed Potatoes
Asparagus Salad
Rolls Butter Grape Conserve
Chocolate Pudding

Hamburg Steak with Tomato Sauce
Potato Cakes
Creamed Cauliflower
Rolls Butter
Cranberry Sauce Cookies

Breaded Pork Chops Gravy
Riced Potatoes Buttered Spinach
Combination Fruit Salad
Bread Wafers

Liver and Bacon
Creamed Potatoes
Cabbage and Celery Salad
Bread
Sliced Bananas with Lemon-Juice

Veal Cutlets in Casserole
Creamed Potatoes Eggplant
Watercress Salad
Apple Pie Cheese Coffee

Stuffed Beef Heart
Glazed Sweet Potatoes
Buttered Turnips Cole Slaw
Tapioca Cream Coffee

Clear Vegetable Soup
Roast Chicken Giblet Gravy
Boiled Rice Wax Beans
Asparagus Salad
Fruit Gelatin Coffee

Swiss Steak Baked Potatoes
Creamed Onions
Caramel Rennet-Custard Pudding

Pot Roast in Tomato Sauce
Potatoes
Buttered Peas Brown Bread
Fresh Vegetable Salad
Fruit Jelly with Custard Sauce

Grapefruit Broiled Steak
Potatoes on the Half Shell
Spinach Hot Rolls
Chocolate Ice-cream
with Mint Sauce

Roast Mutton Brown Gravy
Creamed Turnips
Mashed Potatoes
Currant Jelly Bread
Lemon Sponge with Custard Sauce
Coffee

Roast Beef Brown Gravy
Mustard or Horseradish Sauce
Franconia Potatoes
Fried Parsnips
Pumpkin Pie spread with Plum Jam and Whipped Cream

Roast Pork Brown Gravy
Apple Sauce or Small Baked Apples
Glazed Sweet Potatoes Spinach
Macedoine of Fruit with Whipped Cream
Sponge Cakes

Meat Loaf Scalloped Potatoes
Peas Nut Bread
Lettuce Salad, Thousand Island Dressing
Fresh or Canned Fruit
Small Cakes

DINNERS—*Continued*

Pork Chops Baked with Apples
Scalloped Potatoes
String Beans Bread
Indian Pudding

Fish Chowder with Water Wafers
Grapefruit Salad
Graham Bread and Butter
Queen of Puddings

Broiled Chicken Riced Potatoes
Corn Fritters Rolls
Tomato Jelly Salad
Apple Pie with Cheese

Meat Pie with Potatoes, Carrots and Turnips
Tomato Salad Bread
Prune Whip Custard Sauce

Broiled Halibut
Creamed Potatoes
Chili Sauce
Cole Slaw Brown Bread
Rice Custard

Tomato Soup Bread Sticks
Baked Ham
Southern Sweet Potatoes
Green Peas Rolls
Lettuce Salad French Dressing
Meringues with Fruit and Whipped Cream
Coffee

Cream of Corn Soup
Baked Hash Spinach with Egg
Chocolate Bread Pudding
Coffee

Salmon Loaf with Creamed Peas
Mashed Potatoes
Apple and Celery Salad
Banana Cream Pie

Fruit Cocktail
Stuffed Turbans of Flounders
French Fried Potatoes
Creamed Peas Bread or Rolls
Tomato Salad
Fruit Ice Cakes Coffee

Dinners Without Meat

Cheese Soufflé
Mashed Potatoes
Buttered String Beans
Radish and Cucumber Salad
Strawberry Shortcake

Cream of Vegetable Soup
Scalloped Tomatoes
Stuffed Baked Potatoes with Cheese
Waldorf Salad Corn Muffins
Creamed Rice Pudding with Apricots

Chilled Fruit
Stuffed Tomatoes
Parsley Potatoes
Creamed Asparagus
Pumpkin Pie Milk

Baked Rice and Cheese
Buttered Beets
Stuffed Olive and Lettuce Salad
Nut Bread Milk
Date Pudding Lemon Sauce

Boston Roast
Spinach with Eggs Rolls
Head Lettuce Salad
Bread Pudding with Cream Sauce

The Problem of the Formal Meal

The purpose of food is to satisfy hunger and to give pleasure. After hunger is satisfied, more food is a hindrance to health. After the appetite has been stimulated by a variety of foods, to stimulate it further jades it.

At one time it was the custom to serve long and elaborate dinners having many courses and much repetition of type foods. Gradually the realization has grown that elaborate meals are not justified from any point of view, social, physiological or economic, and that even the most formal meal must follow the rules of health.

Formal meals which conform to laws of health and good taste may be arranged according to the following general plan:

First Course

The Appetizer—Any *one* of the following types of dishes, with proper accompaniments, serves to whet the appetite:

Canapés or tiny open sandwiches made with highly flavored mixtures. Raw oysters or clams; oyster or clam cocktails. Grapefruit or fruit cocktail; avocado served with lemon-juice; cantaloup, watermelon or similar fruit. Soup, preferably a clear stock soup.

Second Course

To Satisfy the Appetite—For dinners, the *pièce de résistance*, or main course, may be any one of the following—roasts of meat, poultry, baked fish or game, with the proper accompaniments of vegetables and a starchy food such as rice or macaroni.

For luncheons, the main course may be any one of the following—a small steak, chops, made dishes or entrées of meat, fish, poultry, game, eggs, or cheese, served with a succulent vegetable, preferably a green vegetable, and rolls.

Third Course

Light, Refreshing and Crisp—The salad course may be any simple vegetable salad with a suitable accompaniment of

dressing and breadstuff. Meat salads or heavy mixed or complicated salads should not be served in this type of meal.

Fourth Course

THE SWEET OR *Bonne Bouche*—This course may consist of any frozen dessert, sponge, whip, meringue with fruit, or any individual tart or pastry.

Fifth Course

TO KEEP THE SWEET FROM BEING TOO WELL REMEMBERED—This course includes a demi-tasse of coffee, with sugar, and cream if desired. It may include fruit or crackers and a cheese with high flavor.

If the person giving a formal dinner or lunch has not been converted to the new idea of simplicity and desires a more elaborate meal than the type just outlined, more courses may be introduced. An entrée may come between the appetizer and the main course. Soup may follow fruit or raw oysters. Fish may be served as a separate course, with meat to follow. An entrée may be introduced between the fish and meat courses. All of these procedures are correct by custom.

Order of Courses

The courses in a meal are served in the following order:

1. Appetizer
2. Soup
3. Fish
4. Roast
5. Game
6. Salad
7. Dessert
8. Crackers and Cheese with Coffee
9. Nuts and Raisins
10. Fruit

For the place of the entrée, see chapter, Entrées and Made-Over Dishes.

MENUS FOR SPECIAL OCCASIONS

St. Patrick's Day Luncheon

Cream of Spinach Soup
Fried Chicken Parsley Buttered Potatoes
Green Pepper and Grapefruit Salad
Lemon Ice with Mint Leaves
Small Cakes
Green Mints Coffee Hard Green Candies

Thanksgiving Dinners

No. 1

Clear Soup Bread Sticks
Salted Almonds Celery Olives
Roast Turkey Giblet Sauce Chestnut Stuffing
Mashed Potatoes Brussels Sprouts
Cranberry Jelly
Lettuce or Romaine Salad with French Dressing Cheese Wafers
Frozen Pudding or Hot Mince Pie
Bonbons Coffee

No. 2

Grapefruit Baskets
Olives
Baked Guinea Hen with Gravy Crabapple Jelly
Candied Sweet Potatoes Cauliflower au Gratin
Tomato Jelly Salad Graham Bread Sandwiches
Individual Pumpkin Pie with Whipped Cream
Candied Orange Peel
Coffee

No. 3

Grapefruit
Baked Loin of Pork with Gravy Browned Potatoes Apple Sauce
or Baked Ham with Southern Sweet Potatoes
Tomato and Celery Salad French Dressing
Thanksgiving Plum Pudding Foamy Sauce
Coffee

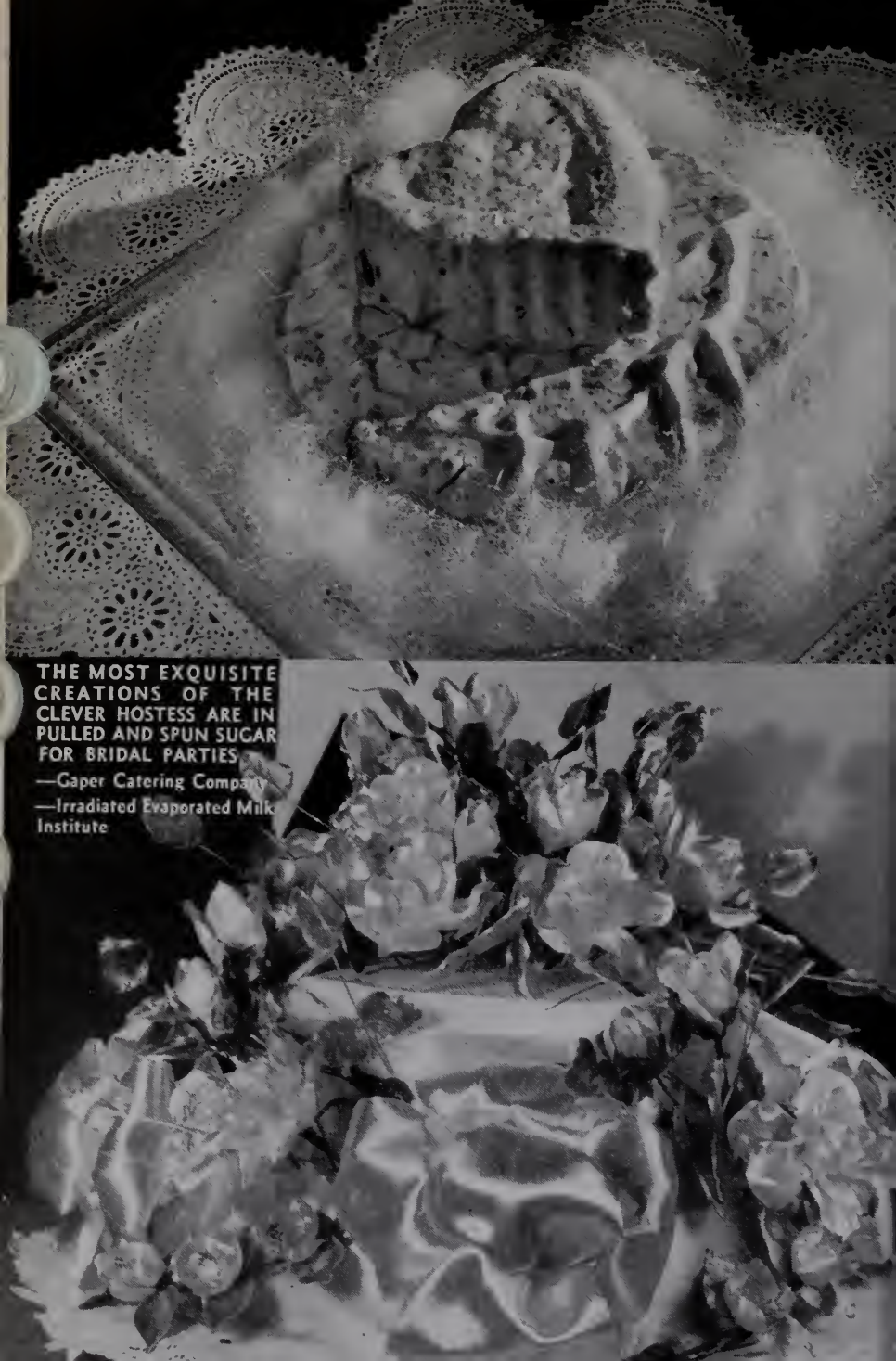
Christmas Dinners

No. 1

Oyster Cocktails in Green Pepper Shells
Celery Ripe Olives
Roast Goose with Potato Stuffing Apple Sauce
String Beans Potato Puff
Lettuce Salad with Riced Cheese and Bar-le-Duc
French Dressing Toasted Wafers
English Plum Pudding Bonbons
Coffee

A DASH OF ORIGINALITY IN A SETTING OF IMPECCABLE TASTE PRODUCES SUCH BEAUTIFUL TABLES AS THESE FOR THE BRIDAL BREAKFAST AND THANKSGIVING DINNER (below)

—Fostoria Glass Company



THE MOST EXQUISITE CREATIONS OF THE CLEVER HOSTESS ARE IN PULLED AND SPUN SUGAR FOR BRIDAL PARTIES

—Gaper Catering Company

—Irradiated Evaporated Milk Institute

No. 2

Cream of Celery Soup — Bread Sticks
Salted Peanuts — Stuffed Olives
Roast Beef — Yorkshire Pudding
Potato Soufflé — Spinach in Eggs
White Grape Salad with Guava Jelly, French Dressing
Toasted Crackers
Plum Pudding, Hard Sauce — Bonbons
Coffee

Wedding Menus

No. 1

Bouillon
Chicken à la King — Buttered Rolls
Olives — Celery
Molded Fruit Salad
Ice-cream — Bride's Cake — Groom's Cake
Coffee — Candies

No. 2

Creamed Sweetbreads in Ramekins
Buttered Rolls — Olives
Grapefruit Salad — Wafers
Ice-cream in Fancy Molds
Bride's Cake — Groom's Cake
Coffee — Candies

No. 3

Hot or Iced Bouillon in Cups
Creamed Lobster or Shrimps in Croustades
Hot Buttered Rolls — Asparagus-tip Salad
Bride's Cake — Strawberry Ice-cream — Groom's Cake
Candies — Coffee

No. 4

Molded Chicken Salad with Mayonnaise
Olives — Radishes
Buttered Rolls
Frozen Strawberries with Whipped Cream
Bride's Cake — Groom's Cake
Nuts — Coffee — Mints

Afternoon Tea

Assorted Sandwiches — Small Cakes
Tea passed with Sugar, Cream and Sliced Lemon
Bonbons — Nuts

Japanese Tea

Sweet Wafers — Toasted Sponge Cake
Tea with Sliced Lemon
Nougat Candy — Salted Nuts

Afternoon or Evening Refreshments

No. 1
Fruit Salad with Mayonnaise, Boiled Dressing or Whipped Cream
Small Sandwiches
Coffee or Chocolate
Candies — Small Cakes — Nuts

No. 2
Chicken Salad
Olives — Rye and White Bread Sandwiches
Ice-cream or Fruit Ice
Maple Cake — Coffee

No. 3
Chicken Salad Sandwiches
Olives
Ice-cream — Petits Fours
Fruit Punch — Coffee

Chafing Dish Suppers

No. 1
Fruit Cocktails
Creamed Crab Flakes — Bread and Butter Sandwiches
Coffee

No. 2
Welsh Rarebit — Toasted Crackers
Water Cress Salad with French Dressing
Olives — Coffee

Children's Party

Fruit Cocktails

Chicken Sandwiches — Jam Sandwiches

Vanilla Ice-cream — Small Cakes

Birthday Cake with Name, Date and Candles

Orangeade — Candy

School Reception

Fruit Ice or Ice-cream — Small Cakes — Candies

Punch — Nuts

For Hikers

Camp Hamburgs to Broil

Whole Tomatoes — Potatoes to Bake

Olives — Carrot Sticks

Cup Cakes — Cans of Fruit Juices

Bridge Supper

Jellied Meat Loaf

Vegetable Platter with Sour Cream Dressing

Toast Melba — Clover Leaf Rolls — Saltines

Marron Mousse — Coffee

Crystallized Fruit — Salted Nuts

Men's Card Party

Platter Cold Meats and Strong Cheese

Potato Salad — Spaghetti Casserole

Rye Rolls — Poppyseed Rolls — Salt Rolls

Olives — Dill Pickles — Gherkins — Radishes

Rum Cake
Coffee
or Beer without Dessert

Cocktail Party

Assorted Cocktails and Dry Wines

Salted Almonds — Olives — Potato Chips

Assorted Canapés

THE SCHOOL LUNCH

AS much care is needed in selecting and preparing the food for the child's lunch at school as for the other meals served to the child. If the lunch is inadequate or lacking in food essentials throughout the school year, the child's whole nutrition will be seriously affected, and his work at school will suffer. The school lunch is one of three meals, not just a "snack," and should possess the following characteristics:

1. It should be abundant in amount for a hungry, healthy child. A little too much is better than too little.
2. It should be chosen with regard to the nutritive needs of the child and in relation to the whole day's food.
3. It should be clean, appetizing, wholesome and attractive.

FOOD SELECTION CHART FOR CHILDREN

Select from the following chart and make the school lunch bear its full share of responsibility for carrying the foods the child needs.

MILK—¾ to 1 quart daily.

VEGETABLES—Two servings daily (in addition to potatoes).

FRUIT—Two servings daily (fresh, canned or dried), one of fresh fruit or fresh or canned tomatoes if possible.

CEREALS—Whole cereal bread, usually. Whole cereal breakfast food, usually.

WATER—1½ quarts liquid daily (may be included in other foods).

How to Use the Selected Foods

Foods selected from the above groups may be included in the school lunch in the following forms:

SANDWICHES—Made as often as possible from whole cereal breads, as graham, whole wheat, oatmeal. Made to include some substantial food which will increase the value of the meal. Supplied in sufficient number to satisfy hunger. Made carefully and well.

SUCCULENT FOODS—Whole orange, whole tomato, whole apples, apple sauce, peaches (whole or sliced), celery, stewed

fruit, prunes, baked apple, sliced fruit, dates, berries. Fruits and vegetables are especially important in the dietary of the growing child and pains must be taken always to include adequate amounts of them. They are not always easy to include in the school lunch, yet if the child is to be well nourished, some way must be devised to get them in.

Milk Always—This should never be omitted. It may be carried in a special container provided for the purpose or it may be included in the hot dish.

One Hot Dish if Possible—The value of hot food in the lunch is now so generally recognized that many country and town schools have made provision for serving at least one hot dish at the noon hour. If not available at school, hot food may be carried in the lunch box. A vacuum container will solve the problem satisfactorily.

MENU SUGGESTIONS

(Milk appears in some form in each lunch.)

1.

Cream of Spinach Soup (in vacuum container)
Crackers
Raisin and Nut Bread and Butter Sandwiches
Apple Sauce

2.

Cream of Tomato Soup (in vacuum container)
Ground Meat Sandwiches
Sliced Fruit Milk Chocolate

3.

Cream Cheese Sandwiches Celery
Tomatoes and Rice (in vacuum container)
Custard with Jelly and Graham Crackers

4.

Boston Brown Bread Sandwiches with Cottage Cheese Filling
Cocoa (in vacuum container)
Apple Sauce
Graham or Oatmeal Crackers

5.

Cream of Potato Soup with Parsley (in vacuum container)
Peanut Butter Sandwiches
Stewed Prunes Plain Cake

6.

Scrambled Egg Sandwiches
Lettuce Sandwiches
Milk (in container. See next page)
Orange Molasses Cookie

Preparation of Food

Sandwiches—Since sandwiches form a main part of the school lunch, their preparation is most important.

Wholesome breads should be used for sandwiches. Graham, whole wheat, oatmeal, brown, raisin, and nut bread are excellent. Cold bran or whole wheat muffins or filled rolls are often tempting.

Fillings for the sandwiches for the school lunch require some special preparation. The filling should be abundant in amount and should play an important part in the sandwich.

Cheese, meat, eggs, nuts, dried fruits or vegetables should be put through the food-chopper. Cream cheese, peanut butter and other compact substances should be thinned with cream. Ground meats, eggs, and vegetables should be moistened with a small amount of salad dressing or cream and vinegar. Succulent vegetables should be provided, if possible. Finely chopped celery, lettuce, water cress or sliced tomato may be used alone or with cottage cheese. Finely cut pineapple or orange may be used in sandwiches.

Jellies, jams and conserves make sweet sandwiches or a tiny jar of the fruited sweet may be tucked into the lunch box.

Dried figs, dates, raisins, thoroughly washed and steamed in a small sieve or strainer over boiling water for thirty minutes and then ground and moistened with a small amount of fruit-juice or salad dressing, make excellent sandwiches.

Pickles, chow-chow and relishes should take a subordinate place in the school lunch box.

The chapter on Sandwiches (See Index), gives full directions and recipes for a variety of sandwiches.

Hot Dishes—Special vacuum containers make it possible to send hot cocoa or hot soup with the lunch, also a creamed vegetable, a hot pudding or other hot food. These containers should never be filled the night before the lunch is prepared. If foods prepared for dinner are to be used for the school lunch, these foods should be kept in a cool place, uncovered, over night and reheated in the morning.

Milk—If there is any possibility that the milk will not keep sweet for three hours, it may be put while cold into the vacuum container. Good milk properly kept should be in good condition if carried in a milk bottle or small glass fruit-jar.

Liquid and Semi-Solid Foods—Stewed prunes and canned fruits may be carried in any small screw-top container. A cold rice pudding or other pudding, custards or similar desserts may also be carried in this manner.

Packing the Lunch

All foods not in containers should be wrapped separately in waxed paper before being placed in the box. The neatly wrapped articles should be placed, so far as is possible, in the order in which the food will be eaten, so that those found first may be eaten first without disturbing the remainder. The heaviest foods, however, should be placed at the bottom.

Articles should be packed compactly in order to prevent the food from shaking about. Empty space may be filled neatly with paper. When space seems lacking, the difficulty may be overcome by more careful packing, by resorting to such expedients as cutting fruits or cookies in half, or by packing sandwiches the other way of the box.

The Lunch Box

Select a box that can be kept clean. Lunch boxes should be washed, scalded and aired daily. Those made of lightweight metal are best. Many attractive boxes are now made with a vacuum bottle which fits the box. These are highly desirable. A lunch box should not be air-tight, as a circulation of air prevents the mingling of odors. All food should be protected from dirt by wrapping.

Accessories—A small vacuum container of cup-like shape for hot foods, a screw-top container for liquid or semi-solid food, plenty of waxed paper, and paper napkins are essential lunch box accessories.

Without the Hot Dish—In many places the school, the Parent-Teacher Association or some woman's club provides milk and/or prepares one hot dish at school to be sold to children for a few cents. In this case the lunch box need contain only the sandwiches, vegetables and fruit. The greatest care should be exercised that vitamins and minerals are not sacrificed to bulk. Carrot sticks, parsley, whole tomatoes, radishes, cabbage leaves, oranges or grapefruit will take care of this.

TABLE SETTING AND SERVICE

THE social life of a household, whether the household is a simple one or an elaborate one, centers about its dining-table and whether that dining-table is simply or elaborately dressed, it should, by its harmony and unity of setting, indicate that it is arranged according to a definite artistic standard. Every accessory that builds the table-picture—the silver, china, glass, and linen—furthers the art of gracious living in the household.

CHINA

Perhaps in greater degree than any other domestic appointments, does china present an opportunity for indulgence of personal whim and the exercise of good taste on the part of the hostess. Today there are patterns for every occasion. Breakfast china is gay, sprightly; color runs rampant upon it; often whole gardens shine on its face. But it would not be used for a dinner, which demands fine china of exquisitely fine design. Luncheon is still another thing. Its china may vary as the season—or as the whim of the hostess.

Modern day impatience with formula and rite is nowhere more eloquently expressed than in the growing custom of using different patterns for different courses, all related by the thread of harmony. The hostess of today considers sameness identical with boredom. If she uses a cobalt and gold service plate, she may elect to use a simple gold-banded entrée plate. The fish plate perhaps may have yellow bands to match the flowers in the center. The roast plate may present a pattern border, touched with gold, and yellow, and blue. Her dessert plate will be utterly different from any of the foregoing: it may strike an entirely new note; but it will not be discordant or jarring. Obviously, all dishes used in one course should match.

Plates of Various Sizes and How They Are Used

In the following list the measurements, in inches, are from extreme rim to rim.

PLACE PLATE (also called cover plate, service plate, lay plate). 10 to 11 inches.

DINNER PLATE (roast plate). 10 inches, but seen as large as 10½ inches. The size of the dinner plate is fairly large, due to the current practice of placing attendant vegetables on the plate with the meat. The day of side dishes, each bearing a particular variety of vegetables, has definitely passed.

ENTRÉE PLATE. 8½ to 9½ inches. A most convenient size, for, in addition to its use in serving entrées, it is often employed as a salad plate, or a fish plate: even a dessert plate when the finger bowl is borne in with the dessert silver on the plate, the finger bowl being removed later.

DESSERT PLATE. 7½ to 8 inches. Used for miscellaneous desserts, and salads. It becomes the cake plate at tea.

BREAD AND BUTTER PLATE. 6 to 6½ inches. Universally used now: the butter chip, for individual butter service is extinct.

SOUP PLATE. 8 to 8½ inches at rim, for the usual type of soup plate with wide, flat rim. There is also a bowl soup plate, or "coup" soup, which has no rim at all. Soup plates are not as commonly used as at one time, due to the spreading favor accorded the cream soup cup and the bouillon cup for luncheons and informal meals.

Cups and Bowls

CREAM SOUP CUP. This is a low, broad cup, handled on both sides. Its width is from 4½ to 5 inches, and its depth about two. It is used for the serving of purées, bisques, cream soups, and is extremely popular for luncheons.

BOUILLON CUP. A tea cup with two handles. Clear soups, consommés, bouillons are served in it.

CHILLED COCKTAIL BOWL. This is distinctly an innovation in china service. It is a low, wide bowl, fitted with a separate small container. The space between the bowl proper and the inner cup is filled with crushed ice. Used for grapefruit, shrimp cocktail, and many other foods best served chilled.

GLASS

Of late years, an awakening appreciation of the charm of glass has taken place. Perhaps the appeal of glorious color,

so striking in this substance, accounts for it. Blue in varying tones was some years ago in wide favor; then amethyst displaced it. Rapidly came amber, and green, which maintain a deserved respect, because of their adaptability. Rose, canary, sapphire, in quick succession—no color today is unrepresented.

Glass is often selected to "go with" certain tones of china. The hostess with a sense of fitness has a glass service for each of her dinner services. For her severely formal tables she uses glittering crystal, etched or cut, engraved or gold decorated.

But there is ample opportunity for her to indulge her love for color to the full, to arrange tables with an eye to the dining-room effects, or to build them according to her own color preferences.

Kinds of Glasses

Goblet. The goblet is the aristocrat of table glass. In its usual form it is a flaring round bowl resting on a tall slender stem. In certain styles, however, the "stem" becomes a mere button. Goblets are always provided with a foot, however small. The goblet is the dominant member of the "place glass" group, and all glasses of a service take their shape from it, following its contours very closely.

Other Place Glass. In addition to the goblet, there may be placed at each cover at least one other glass for the cup or other beverages. At very formal dinners two extra glasses are often placed, but never more.

The shapes and sizes of these supplementary glasses vary as their purposes. On the continent, for example, there is a definite type of glass placed for certain wines. Thus a glass for sherry is differently shaped from one for claret: it is more sharply tapered and considerably smaller.

For the most part the glasses of this type that we see in America are either the claret, or the tall shallow champagne glass. The claret, whose capacity makes it a fine utility glass, is used for almost any kind of cup. On the other hand the tall champagne glass is often placed for its high decorative value. Few glasses are as graceful as this shallow bowl on its slender shaft.

Sherbet. The sherbet glass is a medium depth broad bowl on a short stem. In it are served sherbets, ice-cream, frozen desserts. Much used now, however, for this purpose is the tall

shallow champagne glass, perhaps because of its more imposing height and dignity.

Hollow Stem Champagne. This glass is similar to the tall champagne glass, except that the stem instead of being solid is hollow to the very bottom. While its primary use was for serving champagne, today we often serve in it ginger ale, and other carbonated drinks. The hollow stem releasing a train of sparkling bubbles is picturesque indeed.

Finger Bowl. The finger bowl is a low broad bowl, variously shaped. It is usually seen without a "foot," but certain styles have such supports. Finger bowls are fitted with matching under-plates, but their use is optional.

Grapefruit Bowl. This is a double bowl for chilled food cocktails. It consists of a large bowl on a stem. Within it is placed a smaller "cup" or "lining." The grapefruit or other cocktail is put in the small cup, and the space between the cups is filled with crushed ice.

Tumbler. In its simplest form, a tumbler is simply a glass cylinder with one end closed. But the glass designer does wonders with it. He mounts it on a foot: he shapes its sides in lovely contours: often he makes it angular instead of round.

The sizes commonly used are:

Apollinaris Tumbler. This is a small, narrow tumbler used for liquids that are served in small quantities, such as orange juice, grape juice, mineral water. It is often used for water when space is at a premium, as on breakfast trays, or at bridge tables. It holds about five ounces.

Table Tumbler. Also called water tumbler. It is a low tumbler, containing about ten ounces, and is used to serve water informally, at simple meals.

There is also a water tumbler of about the same capacity, but narrower and taller, sometimes called the "Ale tumbler."

Highball Tumbler. A tall tumbler, used to serve "long drinks," or iced tea, iced coffee, iced chocolate, and so forth. It holds about 12 ounces.

Iced Tea Tumbler. A normal iced tea tumbler, sufficiently large to contain plenty of ice. Its capacity runs from 14 to 16 ounces.

Besides the Pieces in General Use Described Above, there are all manner of articles blown for special uses: trays for hors d'oeuvres; salad bowls, salt dips, saucers for berries, and plates of various sizes.

SILVER

The silver on your table is a declaration of your taste. Whether it is sterling or plate, there is, in an excellent pattern and in the perfect form and proportion of the utensils, an unmistakable aristocracy that gives distinction.

Modern methods of manufacturing silver plate have made it not only durable but beautiful as well. Plated silver ranges from the very durable triple-plated ware, (heavy weight) which lasts a lifetime, through the double plate (medium weight) which has good wearing qualities, to the single plate which is light weight.

When you choose a pattern of silver, examine all the pieces, to be sure that you approve of the shapes of all the pieces, that the pieces are perfectly balanced, that the handles are comfortable to hold, and that the tips of the handles of the knives and forks fit perfectly into the center of the palm of the hand. Find out how long the pattern has been on the market, and, if possible, how long it is to be made, so that you will not suddenly discover that the pattern has been "discontinued."

Place silver, or flat silver as it is sometimes called, consists of the knives, forks, and spoons necessary for general use at table.

Knives and Forks

The dinner knife and fork, although imposing members of the silver-family, are not the most important members, for their use is limited to the main course of dinner.

The luncheon knife and fork offer the greatest variety of uses. They may be used "around the clock," for breakfast, for luncheon, for supper, and for certain courses at dinner, such as hors d'oeuvres, entrée, fish, salad, for dishes served in a ramekin, for dishes served at informal entertaining, and for large and small sandwiches.

Smaller than the luncheon knife and fork are the tea knife and fork, with their increasingly-recognized number of uses.

Butter spreaders are necessary in your first list.

Later if you are not content to use the medium size knives and forks or the tea knives and forks for special courses like fish, entrée, salad, and fruit, you may buy fish knives and forks,

entrée knives and forks, and salad knives and forks (or, if you prefer, individual salad forks,) and fruit knives, or preferably, fruit knives and forks.

Spoons

Accompanying the medium size knife and fork, and of a size between a teaspoon and a tablespoon, is the dessert spoon, the spoon of a variety of uses, from eating soup and cereals, to eating desserts such as pudding and compote of fruit.

Teaspoons have a great variety of uses, and while these are the first kind of small spoon to be bought you will want to add when you can, orange spoons, bouillon spoons, ice-cream spoons, coffee spoons, five o'clock teaspoons, and iced tea spoons.

A List of Useful Serving Pieces

2 or 3 Tablespoons
2 or 3 Dinner Forks (for serving)
Medium size Carving Set (or steak set) 2 pieces (or large size carving set)
Butter Knife or Butter Pick
Gravy Ladle
Sugar Tongs
Pie or Tart Server, long and flat
Cold Meat Fork
Olive Spoon (pierced) or Olive Fork
Berry Spoon. A very convenient serving-spoon which can be used in serving berries, large vegetables, casserole dishes, and puddings
Jelly Server, for jelly, marmalade, honey, etc.
Preserve Spoon
Long Handled Fork and Spoon, for serving salad from a central bowl
Pickle Fork, usually two-tined
Pierced server, usually called a tomato-server, useful in serving sliced tomatoes, fritters, poached eggs, sliced pineapple, etc.
Salad Dressing Ladle, smaller than gravy ladle. Can also be used for serving whipped cream
Lemon Fork
Asparagus Server
Entrée Server, wide and flat
Cake fork
Sardine Server
Ice Tongs
Ice Spoon
Sugar Spoon
Sugar Sifter for powdered sugar
Ice-cream Knife or Ice-cream Server
Cheese Server
Melon Knife
Grape Scissors

LINEN

White linen damask is the classic covering for the dinner-table. Linen and lace are often combined and sometimes

elaborate all-lace table-cloths are used. When a lace cloth is used, it is placed on a bare table.

In the colored damasks every woman will find an opportunity to vary her table setting effects occasionally with a harmonious combination of pastel shades in table-cloth and glass and china and flower-centerpiece. But the conservative woman still uses white damask for her formal dinners, and undoubtedly will continue to do so.

Table-cloths

Before you buy your table-cloths, carefully measure your table, and allow a twelve- to fifteen-inch hangover for your dinner cloths, and an eight- to twelve-inch hangover for your luncheon cloths.

Table-cloths should be French-hemmed, with the hem three-eighths of an inch to one-half an inch wide, and napkins, also French-hemmed, have hems of from one-eighth of an inch to one-quarter of an inch wide.

A white linen damask cloth is as appropriate to the formal or informal luncheon as to the formal or informal dinner. Gay colored sets of damask or of less formal materials are often used. Linen runners, with small luncheon napkins to match, are popular, especially on long tables like refectory tables. An especially beautiful table is sometimes left bare except for the lace rounds under the centerpiece, plates, and glasses. Damask napkins are used with these.

Luncheon sets are appropriate for use at breakfast, luncheon, an informal dinner on the porch, or an informal supper.

For the tea table one may use an embroidered or hemstitched teacloth, or a simple or elaborate lace cover, or a combination of linen and lace.

Napkins

Table-cloths and napkins should match. For formal dinners an unusually large napkin is smart, but nowadays napkins, like most other "furnishings," have shrunk, and one rarely encounters dinner napkins larger than twenty-eight inches and usually not larger than twenty-four inches.

Luncheon napkins are from thirteen inches to eighteen inches square. White hemstitched luncheon napkins are often used with a white linen damask cloth.

Breakfast napkins, often colored or with a colored border to match the cloth, are usually a bit smaller than luncheon napkins but may be the same size.

Appropriate to the appointments of the tea table are the small tea napkins, sometimes of fine handkerchief linen with scalloped edges, sometimes of damask with hemstitched borders, and sometimes of heavy linen with drawnwork borders. In houses with Early American furnishings —and with excellent laundry technic—the old-fashioned damask napkins with fringe edges add a charmingly quaint touch. But with uncertain laundering these are very apt to be unattractive looking.

Monogramming

The pattern or design of the cloth and napkins and the type, design, and size of the monograms embroidered on them should make a perfect unity.

For table-cloths, the size of the monogram should be from two and one-half to five inches. For dinner napkins from one to two inches. For luncheon and breakfast napkins and doilies, from three-quarters of an inch to an inch and a half.

When the bride-to-be is marking her trousseau linens, it is best form for her to use the initials of her maiden name. However, there is no hard and fast rule for this marking, and she may if she prefers use the initials of the first and last names of her maiden name and the initial letter of the groom's last name.

If an initial is used instead of a monogram it should be the initial of your last name. When only one letter is used, it is usually a block letter—sometimes ornate—since a single letter in script is not very effective-looking.

How to Measure for the Placing of the Monogram

Spread the cloth on the table, place the end of your measuring stick at the corner of the table, and point it in the direction of the corner diagonally opposite. Measure from twelve to fifteen inches, mark this off, and place your monogram there unless it will, in this place, interfere with the design in the damask. In that event, raise it or lower it to make it artistically well-placed.

On a table-cloth of two yards square or less usually only

one monogram is placed. Larger sizes usually have two monograms diagonally opposite each other.

Dinner napkins should be marked with a smaller monogram of the same design as that used on the table-cloth. They are now usually embroidered in what is known as the "center of the side." Fold the napkin into thirds, and again into thirds in the opposite way. On the top of the center square with the selvedge toward you, place the monogram in the approximate center.

Tea napkins may be monogrammed with the two or three initials used on the other napkins. In very fine linen ones, cut-out monograms are often used.

TABLE DECORATION

Have in mind a definite plan.

Consider carefully the artistic height for your table decorations: table decorations that are too high are awkward, and those that are too low become monotonous to the eye.

No table decorations should obstruct the view of the guests (although at large, formal dinners, when the conversation cannot be general anyway, they may be tall).

All tall decorations should be narrow (e. g. candles).

Avoid over-decoration and inappropriate decorations. Don't crowd your table or make it look heavy.

Discriminate between a formal party and an informal party, and adapt your decorations accordingly.

Keep in mind the color-scheme of your room, and the colors of the food in your menu, and harmonize the color of your table decorations with these.

Adapt your flowers to the type and proportions of your flower-container.

Centerpieces

Centerpieces are of infinite variety, their beauty and distinction being limited only by one's imagination and one's budget. Flowers are still—and probably always will be—the most lovely decoration for the center of the table. The fashion of supporting a few flowers in flower-holders in low silver or glass bowls makes possible simple and very effective arrangements. Unusual effects may be obtained with central mirrors

and with mirrored tables, with fruits, with formal combinations of flowers and fruits, with crystal trees and flowers, with delicate figurines, and even with amusing accessories of simple or elaborate kinds. But one must be careful that the designs built with unusual accessories are beautiful and appropriate and not simply bizarre.

Compote Dishes and Candles

To balance the centerpiece, decorative silver or glass—or gold!—compote dishes, two or four in number, are usually placed toward the ends of the table. These dishes, containing bonbons or mints or nuts, may be low, medium, or high, according to the proportion required by the other table decorations.

Four candles, or more if the table is very large, are used in candlesticks of glass or silver or fine china, and sometimes of pottery for an informal dinner on an Italian or Spanish table. Instead of candlesticks handsome silver candelabra may be placed on each side of the centerpiece.

The candles should be lighted before the guests enter the dining-room, and allowed to burn until they leave the dining-room, even if they stay so long in the dining-room that the candles burn down to their sockets!

The height of the candles should, of course, be adapted to the height of the candlesticks—very tall candles in low standards, and shorter ones in the standard of average height. Low candlesticks with tall slender tapers are interesting and effective, but their use is more appropriate to informal occasions. Formal functions seem to need the dignity of tall candlesticks.

Candles for formal dinner tables usually are the color of natural wax or, if that is not obtainable, of white. As a matter of fact, many hostesses use candles of this color on their tables for all their parties. Of course colored candles may be used to carry out a decorative scheme, and are festive and appropriate for special occasions.

Candles are now never shaded.

Service or "Cover" Plate

A service plate (sometimes called a "place plate" or "lay plate," and, most appropriately, a "cover plate"), which is

about one inch larger than a dinner plate, is used in formal service. A service plate is a background plate on which other plates are placed. Since its function is largely decorative, it should be as handsome as your circumstances permit. Service plates are usually of beautiful china, though sometimes they are of gold or silver or silver plate or even glass. If they are of china, they do not match the rest of the china in design, since they are usually far more ornate. In advance of the meal, the service plate is set in the center of each cover, one inch, or sometimes two inches, from the edge of the table. No food is served directly on the service plate. On it are placed the plates containing the first courses of the meal, such as fruit, oysters, and soup. It is not removed until it is exchanged for the plate of the first hot course after the soup.

Large service plates are not used for breakfast, and it is usually inconvenient to use them in homes where there is no service, or in homes where the food is served at the table by the hostess or host or both.

Place Cards

Place cards are used at formal dinners and luncheons for convenience in seating the guests. A place card should be simple (plain white ones are best) of about the size of a visiting-card. It is sometimes engraved with the hostess' monogram or crest embossed in plain white. Sometimes at feature parties, such as Hallowe'en or Valentine's Day, decorative place cards are used to carry out the motif of the entertainment. The name of the guest is written on the card, the title—*Mrs., Miss,* or *Mr.*—before the name. Place cards are usually placed above the cover so that they do not conceal the beauty of either the place plate or the napkin.

Salts and Peppers

Salts and peppers may be tall, gold or silver ones, or they may be low silver or crystal ones, or a silver pepper shaker accompanied by a low salt cup lined with old blue glass. For breakfast use, they may be of china or pottery, consistent with the informality of the breakfast table or tray.

It is customary to place a set of salts and peppers between every two covers if the party is large, or a pair at each corner of the table, if few are dining, or at two corners of a small

table. Individual sets are sometimes placed. Whether salt shakers or salt cups are used is a matter of choice, but with salt cups small salt-spoons should be provided.

Bread and Butter Plates

These convenient little plates are used at breakfast and luncheon, and at family and other informal dinners. Since butter is not served at formal dinners, bread and butter plates are not usually placed. However, there is now a tendency to place bread and butter plates on the table, except at *the most* formal dinners, many hostesses maintaining, and quite rightly, too, that these plates are of great convenience, in affording a harbor for the roll or bread and for the celery, radishes, and nuts that are passed at dinner.

Bread and butter plates are removed after the salad course, with the salts and peppers.

The Napkin

The napkin is usually placed at the left of the forks and parallel with them. If the napkin is folded in a square or otherwise folded so that the corners are up, it is placed so that the open corners are toward the plate.

Often one sees the napkin placed on the service plate, but unless space demands this, it is not to be recommended. Service plates are usually of such loveliness that none of their beauty should be sacrificed.

It is no longer good form to put bread or a dinner roll in the napkin—too many embarrassing moments resulted from that custom, for it was most natural, when one was engrossed in conversation, to take up the napkin unthinkingly and discover the roll perversely flying for the regions under the table.

Finger Bowls

There are three methods of placing finger bowls:

First, if the finger bowl is needed after fruits at the beginning of a meal, or after corn on the cob, artichokes, and other food that demands the use of the fingers, it may be placed to the left of the cover when the table is laid or it may be brought

in toward the end of the course and placed to the left of the cover.

Second, if the dessert plate and finger bowl are served together, the finger bowl is placed on the dessert plate, usually with a small fine white or cream doily between it and the plate, and the dessert silver placed on the sides of the plate, the fork on the left and the knife or spoon (depending on what the dessert may be) on the right. The guest removes the silver, placing the spoon or knife to the right, and the fork to the left, of the cover. Then he removes the finger bowl and doily and places them on the left of the cover, leaving the plate ready to receive the fruit or dessert.

Third, if the dessert is served in individual portions, say in a sherbet glass or some other container, which precludes the placing of the finger bowl on the dessert plate, the finger bowl, on a doily on a plate, is placed in front of the guest after the last course.

If especially beautiful glass or silver finger bowls and plates are used, many hostesses now omit the doily between, maintaining that it destroys the harmony between the bowl and the plate.

The bowls, half-filled with tepid water, may be placed on the side table before the meal is announced.

SETTING THE TABLE

Precision and decision are demanded in table-setting: mathematical precision in laying the table-covering and in placing the silver and other table-appointments, and artistic decision in the choice and harmonious arrangement of the table-appointments.

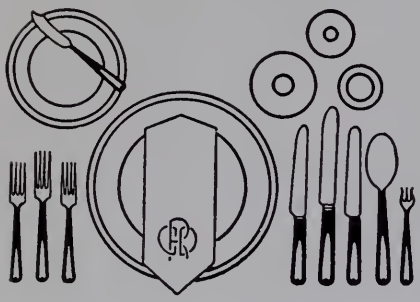
Spreading the Cloth

When the table-covering is the conventional table-cloth, first place the silence-cloth, of white, thick, doublefaced material, which usually extends five inches over each side of the table. This is sometimes tied in place to prevent slipping.

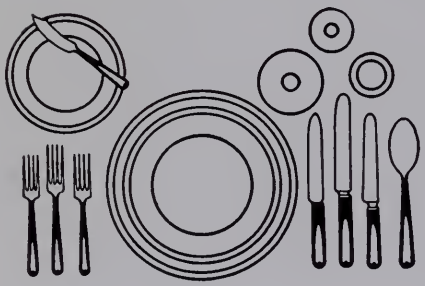
Over this, spread the table cloth, perfectly laundered. There should be in the table cloth only one crease, the straight central crease, and the cloth should be most carefully adjusted so that this fold is placed *exactly* in the center of the table. The op-

THE BUFFET DINNER IS AN OPPORTUNITY
TO USE YOUR CHERISHED SILVER PIECES
—Sterling Silversmiths Guild of America

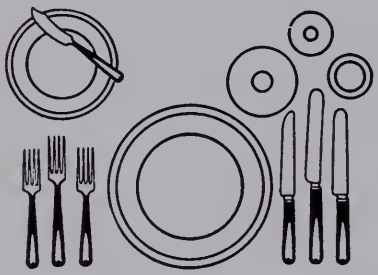
The service for dinner



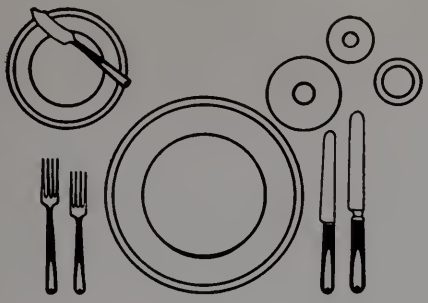
APPETIZER—FIRST COURSE
THE NAPKIN IS ON THE PLATE OR LEFT OF THE FORKS. IF THE COCKTAIL IS FRUIT OR MELON, REPLACE OYSTER FORK WITH A SMALL SPOON. ALL GLASSES REMAIN THROUGHOUT DINNER



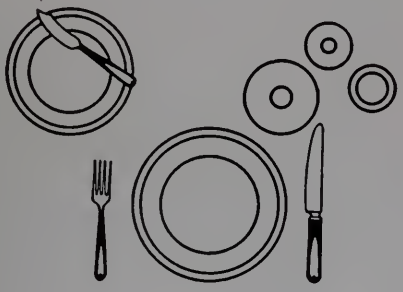
SOUP—SECOND COURSE
THE SOUP PLATE IS SET ON THE SERVICE PLATE AFTER THE APPETIZER AND ITS SILVER ARE REMOVED. THE SERVICE PLATE IS REMOVED WITH THE SOUP PLATE AND ITS SILVER



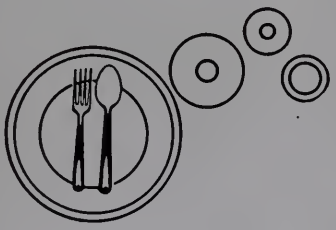
FISH OR ENTREE—THIRD COURSE
THE SERVICE PLATE IS REPLACED BY AN ENTREE PLATE—WARMED IN WINTER. USE THE OUTER KNIFE AND FORK



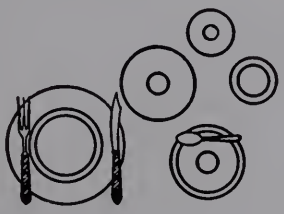
ROAST—FOURTH COURSE
THE LARGE DINNER PLATE FOLLOWS THE ENTREE SERVICE AND IS REMOVED WITH ITS SILVER



SALAD—FIFTH COURSE
BOTH SALAD PLATE AND SILVER ARE SMALLER THAN FOR THE MEAT COURSE AND THE PLATE SHOULD BE COLD



DESSERT—SIXTH COURSE
EACH PLACE SHOULD BE COMPLETELY CLEARED EXCEPT FOR THE GLASSES—AND THE TABLE CRUMBED — BEFORE THE DESSERT PLATE AND SILVER ARE PLACED



COFFEE—SEVENTH COURSE
WHEN COFFEE IS SERVED AWAY FROM THE TABLE, THE FINGER BOWL WITH ITS DOILY MAY COME IN ON THE DESSERT PLATE — DOILY AND BOWL SLIPPED OFF BY THE GUEST AS DESSERT IS SERVED. WHEN SERVED AT THE TABLE, THE COFFEE CUP AND SAUCER ARE PLACED AFTER THE DESSERT IS SERVED

—Reed & Barton

ADDED TO GOOD TASTE, BEAUTY IS ACHIEVED BY THE MOST CAREFUL ORDER AND ACCURACY
—Towle Manufacturing Company

posite edges of the cloth should fall at equal distances from the floor. The cloth should fall from twelve to fifteen inches below the edges of the table.

Placing the Decorations

Now having placed the background for your table-picture, focus your composition by placing the table decorations, the centerpiece, candlesticks or candelabra, and compotes.

For a table of six covers, four candles or two candelabra are sufficient. The candlesticks are usually placed about halfway between the center of the table and its edge, but their position depends on the general form and design of the decorations. The candles are unshaded.

Compotes, filled with bonbons or mints or nuts, are usually placed between the candlesticks and the edge of the table—their position too, depending on the general structural scheme.

Setting the Covers

Now you are ready to set the covers.

A "cover" is the place set for one person at the beginning of a meal. It consists of a service plate (called sometimes a "place plate," and most appropriately called, a *cover plate*), silver utensils, napkin, and water glass.

In setting a cover allow, if possible, the standard space of twenty-four inches, this space being measured from the center of one plate to the center of the next one. Allow fifteen inches for depth.

Place the cover plate in the exact center of the place, and so that the pattern is up, in other words so that the pattern-design is given its full beauty-value.

All the lines of the cover should go either across the table or lengthwise of it. Avoid diagonal lines because they attract the attention of the eye and take away from the harmony of the design.

Place the knives in a straight line, on the right of the plate, parallel to each other, and the spoons on their right. On the left place the forks, also in a careful straight line, and lay the napkin at the left of the forks with its edges parallel to the forks and knives and spoons. When the cover includes a bread and butter plate, lay the butter spreader on the edge of the plate so that

it is parallel to the edge of the table with the handle toward the right. Salt and pepper sets should follow this rule of placing, as should the handles of dishes that are placed on the table, and if a piece of silver is placed on a dish at the table (for instance, the spoon on the plate under the fruit cocktail) it too should be placed parallel to the pieces of silver at the sides of the plate.

There are several other important rules for setting a cover, and the basic idea of these rules applies to informal meals as much as it does to formal meals.

KNIVES, since they are used in the right hand, are placed at the right of the plate, with the cutting edge toward the plate.

SPOONS, with the bowls up, are placed at the right of the knives.

FORKS are placed at the left of the plate, with the tines up. This is because the fork is held in the left hand when the knife is in the right hand. If an oyster fork is necessary, it is placed on the right of the knives and spoons —and parallel to them— or on the plate on which the oysters are served.

THE SILVER should be placed in the correct sequence—so that the person eating may use first the utensils *farthest* from the plate and "work toward the plate." Not more than three knives and three forks (not counting the butter knife or oyster fork) are laid at one cover. If necessary, additional pieces are laid just before the course is served. Usually the silver is laid for the courses through the salad course, and the dessert silver is either placed at the cover before the dessert is served, or brought in on the dessert plate. For every item of food in the menu the necessary piece of silver should either be placed at the cover or brought in before the service of the course.

THE NAPKIN is placed on the left of the forks. If it is folded in a square, the open corner is the lower corner, nearest the plate.

THE WATER GLASS is placed above the tip of the dinner knife. If there is a glass for another beverage, it is placed to the right of the water glass or in a line slanting down from the goblet to the right. If there are more than two glasses, they are grouped artistically.

THE BREAD AND BUTTER PLATE is placed above the tips of the forks so that it will be on a line with the water glass. The butter spreader is placed on the bread and butter plate parallel

to the edge of the table, the handle toward the right and the cutting edge down.

THE PLACE CARD is best placed above the plate.

THE EDGE OF THE SERVICE PLATE, the tips of the handles of the silver utensils, and the lower edge of the napkin should be placed in exact alignment, usually one inch from the edge of the table. Some hostesses prefer that the silver be placed two inches from the edge of the table, so that there is a minimum of danger of its being brushed off the table.

SALTS AND PEPPERS are usually placed between every two covers, or individual sets may be placed, or, if there are only a few covers, sets may be placed at the ends of the table.

SALTED NUTS may be placed in small individual dishes above the covers, or in silver or glass compotes.

COVERS should be placed directly opposite each other.

THE CHAIRS are placed so that the line of the table-cloth is not broken.

TABLE SERVICE

Styles of Service

There are three styles of service:

RUSSIAN: In this style of service all the food is served from the kitchen, by attendants. The host and hostess take no part in the service. No food is put on the table except the decorating dishes of nuts, candy, and fruits. The food may be placed in individual portions before the guest, or may be separated into portions and arranged on serving-dishes for each guest to help himself.

ENGLISH OR FAMILY TYPE: In this service all the food is served at the table by the host, hostess, or both.

COMBINATION OR MIXED SERVICE: In this service the main course is usually served at the table, while the soup, salad, and dessert are served from the kitchen. Sometimes, the salad is served from a large salad bowl, and the hostess serves the dessert at table.

Service Suggestions

METHODS—There are three methods of table service. The one often preferred is the *left hand* service, that is, the placing, passing, and removing of all dishes at the left. Beverages are,

of course, an exception, and these are placed at the right. In the left hand service, the waitress uses the hand farthest from the guest, that is, the left hand. The left hand service permits the guest to use his right hand in helping himself. In the *right hand* service the waitress places and removes all dishes from the right, using the right hand, but she passes a dish at the left, using her left hand. Often a combination of these two services is used: that is, the dishes are placed and passed at the left, and plates are removed from the right. A hostess decides which method seems to her the easiest and most practical for her household, and directs her service accordingly.

Order of Service—In many houses the hostess is served first. This is a relic of the old custom of taking it for granted that the giver of the feast prove the absence of poison by first tasting of the food or drinking of the beverage! Some hostesses too justify this custom by maintaining that, when complicated foods are served, the hostess indicates to her guests the methods by which they can most conveniently serve themselves.

However, the custom of serving the honor guest first is growing, and many hostesses now insist on giving the chief guest this additional compliment.

The former custom of serving all the ladies first and the gentlemen afterward is no longer in vogue, for this method consumed too much time and delayed the service. Now guests are served in the order in which they are seated, usually beginning with the honor guest or the hostess and proceeding to the right.

The Ever-Present Plate—It is an important rule of good service that there must be a plate before each guest until the salad course is removed. As soon as one plate is removed, another is put in its place. The first course—if a pre-soup course—is either served from a large dish, in which case a plate is placed for it on the cover plate, or is brought in on a plate which is set on the cover plate already on the table.

When the first course is removed the soup plate is set on the cover plate. Then, if the next course—an entrée, or fish, or the main course—is, as usual, to be served on a heated plate, the service plate is removed with the soup plate as this heated plate is put before the guest.

The "Service Napkin"—On the palm of her left hand, under the dish that she is passing, the waitress holds a napkin

folded in a square—the so-called "service napkin" or "serving napkin." She does not use a tray to bring dishes to the table or to remove them from the table.

Using a Tray—When a waitress is passing two or three small articles such as the cream-pitcher and sugar-bowl, or extra pieces of silver, she uses a serving-tray, with a doily on it to keep the articles from slipping.

Filling Glasses—Water glasses are filled three-fourths full. The water pitcher should be three-fourths full. When a glass is being filled it should not be lifted from the table. If necessary, the waitress uses a napkin to catch the drip. Beverages are placed and glasses are filled at the right.

Knives and Spoons are placed at the right, and forks are placed at the left.

Bread, in the form of plain or pulled bread, rolls, or toast, is passed after the soup has been served.

If the First Course of an informal dinner or luncheon is a cold course, it may be on the table when the guests enter the dining-room. If it is hot, it is served after the guests are seated.

Before Passing a Dish to a Guest the waitress should see that adequate silver is placed on the dish—usually a serving-fork on the left and a serving-spoon on the right—in a convenient position. She should, if necessary, rearrange the silver before offering the dish to the guest.

Food Should be Placed on the Table, passed, and removed in the order of its importance in the course.

If a Salad is Served With the Meat Course, it is placed on the more convenient side of the plate. If there is no extra glass on the right side, it is usually more convenient to the guest to have the salad placed on the right.

Hot Food Should be Served Hot on heated dishes.

Cold Food Should be Served Cold on cold dishes.

When the Host and Hostess do the Serving at Table, the host serves the meat, and often the vegetables, and the hostess serves the soup, salad, dessert, and beverage.

In the Maid-Less Household, the hostess will find great convenience in the tea-wagon or any other kind of serving-table that may stand at her right, ready to help her.

Before the Dessert Course, the table should be cleared and crumbed. The salts and peppers, the bread and butter plates, and all other accessories or dishes that will not be used

in the dessert course, are removed on a tray. When the table is crumbed a small folded napkin and a plate should be used, and the crumb-clearing is done at the left of the guest.

When the Dessert is Finished, the dessert plate is exchanged for an after-dinner coffee cup, if the coffee is served at table.

At the End of the Coffee Course, the cups are exchanged for finger bowls if these were not placed with the dessert.

There is Increasing Inclination to serve after-dinner coffee in the drawing room, living room or the library. The plan has many advantages. The original reason was to give guests more freedom and more luxury—dining-room chairs are stiff at best. But in large families, young adults and children are eager to be excused—the former for their own plans and the latter have school work to do, besides which they do not or should not drink coffee. The adults want to continue their discussions without interruption, while they have coffee, liqueurs and smokes at their leisure.

Besides, in many American homes, servants come in by the day or the hour. Serving coffee in the living room, in addition to the comfort it gives host and guests, allows maids to finish the cleaning-up process with more speed and care as well as more freedom. The coffee service can be done last or even left until morning without catastrophe. In the maidless home, the dining-room doors can be closed, the lights turned out and both hostess and guests forget the work that awaits the former, in the glow of the larger, more comfortable and less formal living room. Moreover, in many modern homes the dining room has disappeared and its function taken over by an enlarged living room, with or without a dining alcove or solarium but almost always when there is a garden, by the terrace used for meals out of doors. In homes with this arrangement there should be an appropriate screen to set around the table used for dining, when the guests move into the living room proper or onto the terrace. Often when there is a dining alcove, these screens are attached to opposing walls as permanent fixtures of the room, and need only to be swung out to meet around the disheveled table. For less formal entertaining see page 724.

CARVING

SKILL in carving depends upon two things: first, a knowledge of the anatomy of that which is to be carved, and second, good tools with which to work.

EQUIPMENT FOR CARVING

FOR THE AVERAGE FAMILY, two carving knives are desirable; one with a long, keen blade for large roasts, and a smaller, lighter one for steaks, cutlets and poultry. One two-pronged fork can be used with both knives.

FOR A SMALL FAMILY, where large joints are not served, the smaller knife will be adequate.

THE CARVING KNIFE SHOULD BE SHARP when it is brought to the table. It should never be sharpened at the table.

THE CARVER SHOULD REMAIN SEATED while carving and should carve enough for all who are at the table before he begins to serve anyone.

THE PLATTER SHOULD BE LARGE ENOUGH to give room not only for the meat that is to be carved but also for the carved portions.

A SERVING SPOON should be provided for the gravy.

TO CARVE BEEF

Beefsteak

First separate the meat from the bone by cutting along the edge of the bone with the thin point of the knife.

Beginning with the wide or bone end of a porterhouse or sirloin steak, and following the grain of the meat, divide each section into portions an inch or slightly more in width, depending on the number to be served.

In porterhouse and similar steaks, the tenderloin and the wider section are more tender and have a finer flavor and texture than the narrow section. Give a serving of the finer quality meat and one of the less choice meat to each person.

The small or flank end of a porterhouse steak is of poor

quality, suited only for stewing or braizing, and should not be served with the rest of the steak.

Add to each portion a bit of garnish, a spoon of dish gravy, and if the steak is planked, a serving of vegetables.

Roast Beef

Carve all roasts across the grain of the meat. The thickness of the slices varies with the kind of roast that is being carved, and may be influenced by the personal preferences of the people for whom the carving is being done. Generally the slices should be thin, but whether thin or thick, they should be even and attractive looking.

Fillet or Tenderloin Roast—Hold the roast firmly with the fork and cut the meat squarely across the grain in slices slightly less than one-half inch in thickness. Begin with the thick or forward portion. Serve one slice to each person.

Loin, Round or Rump Roast—Cut across the grain, as with a tenderloin roast, but carve the slices as thin as possible, because the meat is less tender than the fillet.

Standing Rib Roast—If the roast is thick enough, the easiest way to carve it is to let it stand upright, with the ends of the ribs and the section of backbone resting on the platter. This brings the browned fat on top. Below this is a layer of not very tender meat, and between this layer and the bones is the tender heart of the roast.

Thrust the fork firmly through the top of the roast near the thinner end, and, beginning at the thick end, carve the meat in thin slices, through the fat, the layer of less tender meat, and the tender heart of the roast, until the knife strikes the bones. When several slices have been cut down in this manner, turn the knife so that the blade is horizontal and draw the point along the bone to separate the slices from the bone.

If the roast is not thick enough to stand firmly on the bones, it will be necessary to lay it on its side. In such a case, cut the slices horizontally and loosen them from the bone with the knife held vertically.

Rolled Roast—A rolled roast should be held together for carving by skewers thrust directly through the roll across the grain of the meat. Set the roast on end and thrust the fork firmly into the side an inch or two from the top. Then, hold-

ing the knife horizontally, cut thin even slices across the entire roast.

Remove the skewers one at a time as you reach them in carving, and move the fork downward from time to time as necessary.

TO CARVE LAMB, MUTTON, VEAL AND PORK

Leg of Lamb

Let the small bone extend toward your left and have the curved side of the meat uppermost. Thrust the fork into the center muscle and cut thin slices downward, across the grain of the meat, till the knife strikes the bone. To release the slices, insert the point of the knife beneath them and cut along the surface of the bone.

If the leg of lamb is boned, cut slices straight through, across the grain of the meat.

Loin Roast of Lamb, Veal or Pork

The backbone should be cut through at each rib before the meat is roasted. Let the roast lie on the platter with the bones down and the smaller end of the roast at your left. Carve down between the ribs and serve one rib to each person.

Crown of Lamb

Carve down between the ribs and serve one rib to each person.

Saddle of Mutton

Let the roast rest on the platter with the bone down and the end diagonally toward you. Make a cut through the center the entire length of the backbone, separating the meat into two similar parts. Remove the meat from the bone on each side by running the knife point between the meat and the bone. Carve the meat into slices slightly less than half an inch thick, cutting across the grain.

LEG O'LAMB IS CARVED AGAINST THE GRAIN

—National Live Stock and Meat Board

A LITTLE KNOWLEDGE OF ANATOMY GOES A LONG WAY TOWARD PERFECTION IN THE CARVING OF FOWL

—Institute American Poultry Industries

IN CARVING STEAK, ROAST OR ANY MEAT, GOOD FORM IS THE RESULT OF PERFECT BALANCE AND MUCH PRACTICE

—National Live Stock and Meat Board

TO CARVE POULTRY

Roast Turkey or Chicken

Let the bird rest on its back on the platter, with the drumsticks pointing toward your left. Grasp the carving-fork firmly in the left hand, with the tines pointing toward the bird's neck and the tips turned from the bird. Insert it into the leg so that one tine goes diagonally through the drumstick and the other through the second joint.

Cut all around the hip joint. Press against the side of the bird with the flat of the knife and use the fork as a lever to bend the leg back. This will separate the hip joint and the leg can be lifted off without difficulty.

Without removing the fork, lay the leg down flat, with the open end pointing toward the left, and insert the knife from right to left between the tines of the fork. Press the knife down and it should go through the joint. At first you may have to do a little feeling around to locate the joint, but with practice you will learn how to insert the fork so that when the knife is placed between the tines it will fall directly over the joint.

Next thrust the fork into the side of the bird, rather low down, and cut the breast downward in thin even slices.

Slice the meat from the second joint and serve a slice of white meat and a slice of dark meat to each guest.

If more portions are needed, turn the bird so that it is lying with the carved side down. Separate the second leg in the same way you did the first, and slice the breast.

If the wings are needed they may be cut from the bird and divided in the same manner as the legs.

Ordinarily the tips of the wings and the drumsticks are not served with the roasted bird but are reserved for other uses.

Roast Ducks

Follow the same method as for turkeys and chickens, but keep in mind that a duck's joints are much farther toward the back than those of turkeys and chickens.

With Wild Duck, only the breast is served. Half a breast is usually removed in one portion and served to one person.

Broilers

Arrange the bird on the platter so that the neck is toward you. Insert the fork in the second joint; cut the flesh around the hip joint; bend the joint over sharply with the knife and separate it from the body. Separate the drumstick from the second joint or leave them together, as you prefer. Split the breast in two. Serve half the breast and a second joint or whole leg to each person.

TO CARVE FISH

Special carving sets are procurable for fish. If such a set is not at hand, the best thing to use is a dinner knife, with silver plated or stainless steel blade, and a silver fork, preferably of the type known as a cold meat fork.

In carving any fish try to serve as little bone as possible and avoid breaking the flakes of the fish.

Baked or Planked Fish

If the fish has been slashed before baking, cut through these slashes, to, but not through, the backbone. If there are no slashes, cut the flesh crosswise at intervals of about two inches. Slip the knife under each section and lift it from the bone. When one side of the fish has been served, lift up the backbone and divide the lower half.

Middle Cuts or Thick Pieces of Fish

Middle cuts or thick pieces of large fish, such as salmon and cod, are placed on the platter with the skin up. Carve the fish in thick slices down to the bone, then slip the knife under the portions and remove them from the bone.

Split Fish

When fish are split down the back and broiled or sautéd, divide them through the middle, lengthwise, then divide each half into as many portions as are needed. Very small fish are served whole.

GARNISHES

GARNISHES serve two purposes. First, they make food more attractive to the eye, thus stimulating the flow of digestive juices and aiding digestion; second, they add bulk or "roughage" to the diet or increase the nutritive value of the dish.

GARNISHES SHOULD BE SIMPLE, appropriate and easy to prepare. They should not be used to disguise deficiencies or poor quality of any dish. Edible garnishes are more appropriate than those that are used merely for appearance. At least one-third of a dish should be left free of garnish and the garnish should be so placed that it does not interfere with the service.

WITH A FEW EXCEPTIONS, such as candied or maraschino cherries, sweet pickles, preserved whole currants, strawberries, cranberries, etc., sweets are not used to garnish savory dishes.

TOAST OR PUFF PASTES should not, as a rule, be used on the same dish with potatoes.

Garnishes for Soups

One of the simplest garnishes for soup is a tablespoon of salted whipped cream sprinkled with a dash of paprika or a little parsley chopped very fine.

Eggs are used as garnishes of soups in the form of a baked custard cut in fancy shapes, or as egg balls. (See Soup Accessories.) The whole yolks poached in salted water just below the boiling-point may be used; one yolk is served with each plate of soup.

Noodles, tapioca, spaghetti or macaroni cut in fancy shapes, or quenelles (See Soup Accessories) make simple and attractive garnishes for soup.

Cooked vegetables cut in thin strips or in Julienne style or in fancy shapes or slices, are often used to add color, flavor and nutritive value to a soup.

Soups may be garnished also with cubes of bread or puff paste buttered and browned in the oven or fried in deep fat.

Garnishes for Egg Dishes

Eggs are often served with toast in some form. They may be garnished with crisp slices of bacon and a spray of parsley or they may be served on a bed of chopped spinach, mashed potato or chopped meat. A sauce or purée is a very attractive garnish for poached eggs. Eggs are sometimes garnished with grated cheese or cooked egg-yolk put through a sieve.

Garnishes for Hot Vegetables

Mashed vegetables are sometimes garnished with bits of butter and a sprinkling of paprika or chopped parsley. Vegetables that are cooked and served whole are often covered with grated cheese and put into the oven long enough to brown the cheese. Slices of hard-cooked eggs or egg-yolk put through a sieve may be used as a garnish for spinach.

Garnishes for Meat, Fish, Game and Poultry

Garnishes often used with roasts of beef, lamb or mutton are browned potatoes, croquettes of potatoes or rice, mashed potato cups filled with green peas or diced vegetables, slices of carrot, parsnip or turnip sautéd or fried in deep fat, or boiled onions and sprays of parsley or cress.

Roast pork may be garnished with any of the above or with baked apple or sautéd apple rings filled with jelly.

Fried bananas make a suitable garnish for roast of mutton.

Chops and steaks may be served with a simple garnish of parsley or cress and a slice of lemon or in a border of French fried potatoes, Saratoga chips or lattice potatoes.

Creamed meat dishes may be served with triangles or rounds of toast, in borders of rice or mashed potato, in croustades of bread, in timbale cases or patty shells or in cups of rice or mashed potato.

Sausage, meat balls or chops are attractive arranged about a mound of rice, mashed potato, macaroni or spinach.

Roast or fried chicken may be served in a border of celery or of fried oysters or with a simple garnish of parsley or cress.

Roast duck is attractive with endive and slices of orange and olives or with rice cups filled with currant jelly; roast goose with broiled sausage, gooseberry sauce, apple or barberry jelly

or cooked rings of apple; roast quail with squares of fried mush and cubes of currant jelly.

Fish steaks, broiled fish or baked fish are usually garnished with slices of lemon and parsley or cress. Slices of hard-cooked eggs are often used as a garnish for fish. Fat fish such as salmon may be garnished with slices of cucumber or of tomato or whole tomatoes stuffed. Fish may also be garnished with potatoes, peas, onions or tomato in any form.

Other garnishes that may be used are celery curls, olives, radishes, mushroom caps, small green pickles, strips of green pepper or pimiento.

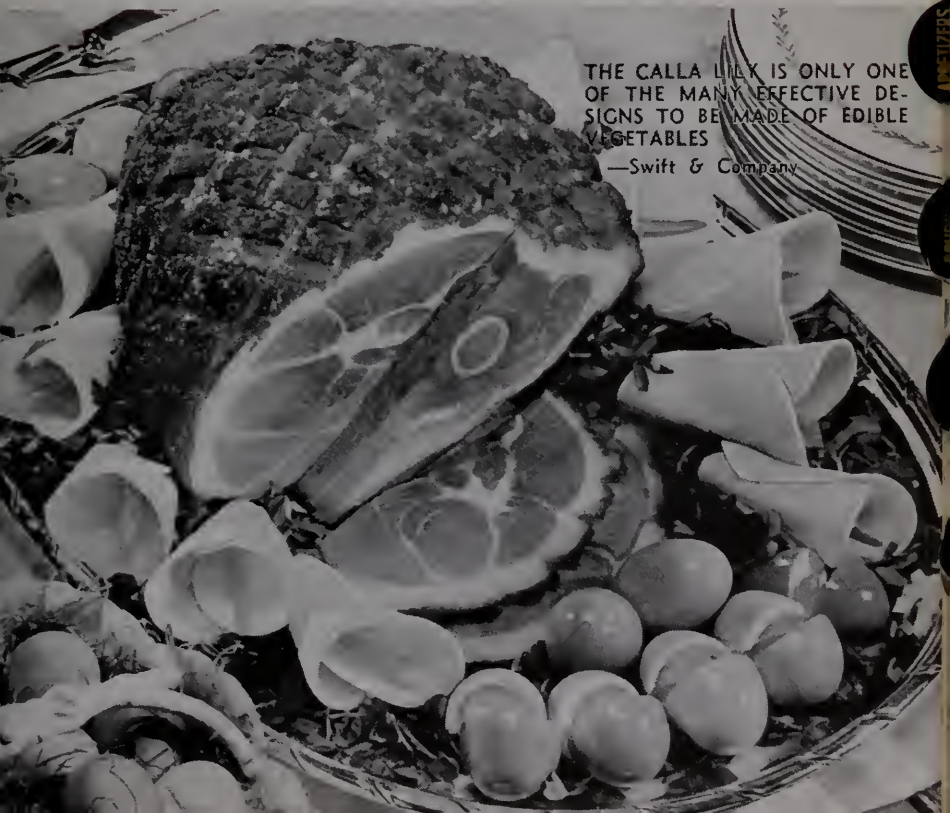
Garnishes for Aspics and Salads

The best and simplest frame for any salad is a bed of lettuce leaves or shredded lettuce, cabbage or cress. Many salads are made more attractive by a sprinkling of chopped nuts or capers, minced green pepper or red pimiento or a grating of cheese. A half nut-meat, two or three radishes cut to resemble roses, dates or prunes stuffed with nuts or cream cheese, olives whole or sliced, tiny new onions or sliced green pickles all add flavor and color.

Truffles are wild, edible, subterranean fungi that are raised principally in France. They are too expensive to be used in large quantity but are highly prized as a flavorful garnish for aspics, salads and sauces. Because of their black color they make an effective contrast to the pale or vivid colors of the more common foods.

Very attractive decorations for meat, fish, salads or aspic are vegetables cut into simple flower designs. Cucumbers, beets, turnips, Russian radishes and carrots with chopped greens are the materials to have at hand. For a lily, cut a long cucumber in half crosswise. Stand up on this cut surface and with a sharp knife cut narrow strips, not too thin, from tip to within an inch of the base. Continue until all the white, too, is cut into strips resembling petals. Into the center insert a long narrow carrot, root end up, to simulate the yellow stamen. If necessary wrap base with a rubber band to hold tightly. Beets and round turnips can be peeled and cut to resemble budding roses. The turnips can be stained with vegetable coloring if desired. Flat slices of turnip or Russian radish

cut to resemble daisies have a center of carrot and a sprinkle of chopped green. Calla lilies may be made of thin slices of larger turnips. Roll until the edges meet in cornucopia shape and fasten with a toothpick. Insert a long slender carrot or carrot strip for the stamen and fasten with another toothpick. Broccoli, leek, shallot, or spinach leaves may be attached. Easter lilies are made the same way except that the petal is split after rolling the calyx.



THE CALLA LILY IS ONLY ONE OF THE MANY EFFECTIVE DESIGNS TO BE MADE OF EDIBLE VEGETABLES
—Swift & Company

CEREALS

CEREALS or grains are the seeds of certain grasses, the most important of which are wheat, oats, rice, barley, corn, rye and buckwheat. To most persons "cereals" designate only breakfast cereals; and, while the term "cereal foods" actually does include also commercial products made from cereals such as macaroni and spaghetti, corn-starch and the different flours, the present chapter deals only with cereals in the breakfast-cereal sense. There are many kinds of breakfast-cereal products on the market. Most of them are made from the cereals listed above but they differ because of variety in the processes of their manufacture. The so-called breakfast-cereals have a wide usefulness in meals other than breakfast.

Storage of Cereals

With a suitable storage place, cereals and flour may be kept for several months. Unless there is a cool, dry place for storing them, they should be purchased only in amounts that can be used in a few days. This is especially true in warm weather.

Cereal products are liable to spoilage for two reasons: they may become wormy, or they may become rancid. Products made from the whole grain are more subject to spoilage than the refined products, because the whole products contain the germ, which is high in fat, and it is this that becomes rancid; it is this, also, that offers suitable material for the development of eggs laid by insects.

Cereals should be purchased from a merchant whose store is known to be kept in a sanitary condition. Closed glass jars are excellent for keeping cereals. If package cereal is purchased, it should be placed in closed glass jars after it is opened, thus insuring against infection by insects.

Whole or Refined Cereals

Seeds are made up of starchy material in a network of protein, and protected by several coats of fiber generally referred to as bran or cellulose. In the process of manufacture a part or all of the outer coats may be removed so that the actual composi-

tion of the cereal is a matter determined by the method of manufacture. If a large part is removed, the cereal is called highly refined; if a small part is removed, it becomes less highly refined; and if the coats are not at all, or but slightly removed, it is called "whole." Therefore, the terms "whole" and "refined" refer to the amount of outer coating which the cereal contains and not to the size of the particles into which the grain is ground.

One way to determine whether cereals are whole or refined is by the color. The less highly refined cereals are apt to be dark in color, and the more highly refined cereals are light in color.

Pre-Cooked Cereals

Cereals were formerly bought uncooked, but by modern methods of manufacture they may be partly or entirely cooked. Thus we have, in oats or wheat, a partly cooked product; and the long list of ready-to-eat cereals or entirely cooked products which need only a few minutes of reheating to be ready for the table.

Cooking Cereals

Two of the important secrets in cooking cereals so that they are acceptable are:

1. To allow enough water to swell and soften all the starch.
2. To cook them long enough to swell the starch and soften the cellulose present so that the starch may be exposed to the action of heat and water.

Cereals high in starch and low in cellulose or bran absorb more water than do cereals containing proportionately less starch and more cellulose or bran. Also, coarsely ground or unground cereals require more time to cook than the finely ground ones. These facts determine the method used in cooking. A refined cereal will require a proportionately larger amount of water than a whole cereal, though it will require less time in the cooking; a coarsely ground cereal will require longer time than a finely ground cereal.

Thorough cooking of cereals is necessary for two reasons: first, cellulose requires plenty of time to soften; and second, starch gains in flavor by cooking.

Methods of Cooking—Cereals may be boiled directly over the heat; steamed, as in a double boiler; or cooked in a fireless

cooker. The first is the quickest process but requires attention in order to prevent sticking; and, even when stirred frequently, some sticking may occur. Since the slower cooking develops the flavor and more thoroughly softens the cellulose, the use of either double boiler or fireless cooker is recommended.

Amount of Water Needed—Tastes differ greatly concerning consistency of cereals. Some persons like a thin cereal, almost a "gruel"; others prefer a thicker product, or "mush," while still others choose a thick "porridge." The following suggestions are only general. The directions on the packages are safe to follow in cooking any uncooked or partly cooked cereal, then if a thicker or thinner product is desired it is easy to determine the proportions that best suit the family and make your own rules.

In General:

1. Rolled cereals, such as rolled oats or rolled wheat, require about two parts of water to one of cereal.
2. Coarsely ground cereals from the whole grain, and unground whole grains require about four parts of water to one of cereal.
3. Finely ground refined cereals require from five to six parts of water to one of cereal.

Where directions are lacking for any cereal bought in bulk, the following table will serve as a fair guide.

Amounts of Water to Use with Various Cereals

To One Cup	Use Cups Water	Will Make Cups Product
Cornmeal	5 to 6	5+
Hominy Grits	4 to 5	4+
Oatmeal	4 to 5	4+
Oats, rolled	2 to 2½	2+
Rice	4 to 5	4+
Samp	4 to 5	4+
Wheat, finely ground	5 to 6	5+

Amount of Salt Needed—Tastes differ again here, but a safe rule from which to vary is to use one teaspoonful to each quart of water used.

Swelling of Cereals—The amount of swelling is the same as the amount of water required; that is, rolled cereals swell about twice, coarsely ground or whole cereals swell about four

times; and finely ground and refined cereals swell from five to six times.

Time Needed For Cooking—Cereal products have a naturally delicious flavor, although not pronounced, which is brought out by long slow cooking, and the right proportion of water and salt.

Long slow cooking used to mean four to six hours, but manufacturing processes have cut the time considerably—to fifteen or twenty minutes in the case of some of the fine grained wheat products, and even three to five minutes for partially cooked cereals. However, a longer cooking only improves them.

In trying a breakfast cereal for the first time, follow the directions on the package; then if you wish, adapt them to the consistency and saltiness you prefer.

Some cereals may be boiled—notably rice, and those partially cooked products that need only three to five minutes cooking, and so demand but little constant attention. The standard ways of cooking cereals are steaming in a double boiler or baking in a slow oven, as in making creamy rice and Indian puddings. The baking method has obvious advantages, and can well be extended to include cereals for breakfast or entrées, omitting the sugar and flavoring.

If cereal is cooked in the evening for the following breakfast, it may stand in the double boiler all night and be heated in the morning. It is well not to stir it in the morning until it is thoroughly hot, because stirring when cold is apt to cause lumps which resist being made smooth.

Variations in Use of Cereals

Cereals may be cooked in milk instead of water, or a part of the water may be replaced by milk. This method offers an easy way of increasing the milk content of a meal and makes the cereal dish more nutritious. Raisins, dried fruit or fresh fruit supply a pleasing addition to cooked cereals. Dates or figs cut into pieces and stirred into the cereal before serving make a very appetizing change.

To prevent a hardening over of the cereal due to standing, two or three tablespoons of water may be poured over the top of the cereal after the cooking process at night is finished.

HOT TAMALES

Filling:

¾ pound chicken or
¾ pound veal or beef
3 ounces chili powder
1 small onion
3 cloves garlic
2 teaspoons salt
1½ cups hot water
Bay leaves

Envelope:

4 cups yellow corn meal
1 teaspoon salt
2½ cups stock
½ pound fat
1 pound cornhusks

The "redi-cut" cornhusks may be bought. Field cornhusks must have both ends removed; immerse in cold water while filling is prepared.

Boil both meats in water to which have been added one small onion, a clove of garlic and two bay leaves. When meat is tender remove and drain stock, setting it aside to use in making envelope. Cut meat into small cubes. Heat 3 tablespoons of fat, add meat and brown. Mash 2 cloves of garlic and add to meat. Stir the chili powder and spices with hot water and mix well with the meat. Cook mixture 10 minutes.

To make the envelope: Mix 4 cups yellow corn meal, salt, half the stock and all of fat. Beat well with a wooden spoon and then add remainder of the stock. It is very important that the mixture be well beaten to make it light. Dry cornhusks on the inside, spread thinly with mixture; add one teaspoon of chili meat filling and roll up like a cigarette. Fold both ends down. Stack in a steamer and cook until well done. If a steamer is not available, place an ordinary kitchen pot lid on bottom of a deep kettle. Cover with husks and stack tamales over this in "pyramid" style. Pour four cups of boiling water over tamales, cover tightly and cook over a low flame for 45 minutes or one hour. Always serve tamales hot.

YEAST BREADS

BREAD as a universal article of food has much in its favor. Flour, its chief ingredient, is not quickly perishable and is rather easily stored and transported. Bread itself keeps well, is mild in flavor, is inexpensive and furnishes material needed by the human machine.

Excellent bread can be made of good bread flour, salt, water and yeast. Better bread can be made if sugar and fat are added. It is in the handling of the dough, not in the proportions of ingredients, that much bread is ruined.

Flours and Meals Used in Bread-making

While flours and meals made from oats, corn, rice and other seeds are used to some extent with wheat flour in making yeast breads, by far the larger amount of yeast bread is made from wheat flour only and most of it is made from highly refined white flour. This is because the gluten of wheat flour possesses properties of toughness and elasticity which enable the dough containing it to stretch and hold gases produced in it by the action of yeast or introduced into it by baking-powder. The dough rises and becomes light.

However, the quality of wheat flour depends upon the season in which the wheat is grown. Winter wheat is sown in the fall, remains in the ground all winter and is harvested in the summer. This grain is generally poor in gluten, but rich in starch. Winter wheat is used largely for pastry flour. Spring wheat is sown in the spring and is harvested in the summer at about the same time as the winter wheat. The grain is generally rich in gluten but poor in starch. Spring wheat flours are best for bread making. Standard flours are a mixture of spring and winter wheat, and they vary little in quality.

IN SELECTING A FLOUR FOR BREAD-MAKING every effort should be made to secure a flour of good bread-making properties. Bread flour, when rubbed between the fingers, has a granular feeling. It will not hold its shape when pressed in the hand. Bread flour can be used successfully in making cakes and pastries.

A Good Pastry Flour differs from bread flour in containing more starch and not only less gluten but a less elastic gluten than bread flour. It has an oily feeling when rubbed between the fingers, and holds its shape when pressed in the hand. Pastry flour can *not* be used successfully in making bread.

Whole-Wheat or entire-wheat flour, combined in right proportions with white flour, can be made into excellent bread.

Graham Flour, although coarse, may, rightly combined with white flour, be made into excellent bread.

Proportions of Flour and Liquid in Dough

For one cup of liquid use approximately three cups of flour. This proportion varies widely because of differences in the absorptive powers of different flours. A good bread flour will take up more water than a poor bread flour. Flour, except graham or whole wheat, should always be sifted before being measured.

Yeast

The most satisfactory temperature for the growth of yeast is from 75° to 95° F. It ceases to grow when the temperature is below 30° F. and is killed at about 212° F. Yeast should not be softened in very cold water if immediate activity is desired.

Compressed Yeast—A cake of fresh compressed yeast breaks with a clean edge and has no odor of putrefaction. It is creamy yellow and uniform in color. When old, compressed yeast becomes slightly slippery, is streaky, and has an unpleasant odor. Only fresh compressed yeast should be used in bread-making. In compressed yeast the yeast plants are alive and ready for action, hence bread-making with compressed yeast requires less time than with dry yeast.

Dry Yeast—Dry yeast is a mass of yeast plants mixed with corn-meal and dried. As yeast will live for some time and yet can not grow without moisture, these dry cakes will keep for many weeks. The dried plants are inactive and even when warmth and moisture, food and air are supplied, they take some time to become active again.

Liquid, Railroad or Starter Yeast—This consists of potato water, sugar and salt, in which yeast plants are in an active condition. The starter must be stored in a cool temperature to retard the action of the yeast. The disadvantage of liquid yeast lies in the fact that other yeasts than those best suited

for bread-making may be thriving there also, and soon bread made from this perpetual yeast may have a characteristic flavor. Starter should be thrown out occasionally and remade with a fresh yeast cake.

Amounts of Yeast

From one-sixth of a cake to four cakes of compressed yeast may be used to one cup of liquid in making bread. The amount of yeast within this range does not affect the flavor of the bread if the dough is handled properly. With the minimum amount of yeast, the process will take six hours or more; with the maximum amount of yeast, it may, with skillful handling, be completed in one hour and twenty minutes. From two tablespoons to one cup liquid yeast may be used for each loaf of bread.

Methods of Using Yeast

Compressed or dry yeast should be softened in from one-fourth to one-half cup of lukewarm water to which one teaspoon of sugar has been added. The compressed yeast may be used immediately. The dry yeast may be set aside in a warm place for an hour before it is added to the batter.

Liquids for Bread-making

All liquids should be boiled or scalded before being used, to kill any organisms which might develop in the dough.

Milk is the best liquid because of its contribution to the food value as well as to the appearance of the loaf. It gives a white crumb and a rich golden brown crust. The loaf retains its moisture better than when no milk is used.

Water is cheap, but has no food value. It produces a satisfactory loaf, however.

Potato Water produces a characteristic crust excellent in flavor and hastens the action of the yeast. It darkens the bread slightly but gives a loaf which retains its moisture and does not get stale as quickly as when water alone is used.

Miscellaneous Materials Used in Bread

Sugar is added to improve flavor, to produce a better bloom in the crust and to hasten the activity of the yeast. Too much sugar slackens or softens the dough. In making large quantities

of bread, the liquid is decreased if a large quantity of sugar is used.

Salt is used to improve the flavor of bread. Too much salt retards the activity of the yeast.

Fat is added to give slight tenderness to both crust and crumb and to improve the keeping qualities of the loaf. Any soft fat of mild flavor may be used as shortening in bread.

Eggs give a yellow color to the crumb and a brown rich bloom to the crust. Because of their leavening power, eggs add to the lightness of the loaf.

Currants, Raisins, Dates and Other Fruit add flavor and nutrition but have little effect on the texture of the dough.

Nuts add shortening in addition to flavor and food value.

General Directions for Making Bread

Scald All Liquids to ensure destruction of micro-organisms which might interfere with the action of the yeast plant.

Add Fat, Sugar and Salt to the hot liquid and let it cool until it is lukewarm.

Add the Yeast Cake, softened in a small amount of water to which one teaspoon of sugar may be added.

Add the Flour, sifted before measuring, except graham and whole-wheat flours, which are measured before they are sifted. There are two methods of mixing flour into dough:

SPONGE METHOD

Add one-half of the flour to the liquid-and-yeast mixture and beat thoroughly. Set in a warm place. When the batter is light, add the remaining flour, or enough to make a dough of the desired stiffness, and knead thoroughly until it no longer sticks to the board.

STRAIGHT DOUGH METHOD

Add to the liquid-and-yeast mixture all the flour to be used or enough to make a dough of the desired stiffness and knead thoroughly until it no longer sticks to the board. This method may always be used with compressed yeast.

Kneading Bread—Press the dough away with the palms of your hands. Stretch the dough from the edge, folding the

KNEAD YOUR DOUG
FIRMLY BUT QUICKL
AND DEFTLY. FOLD
INTO LOAVES WITH TH
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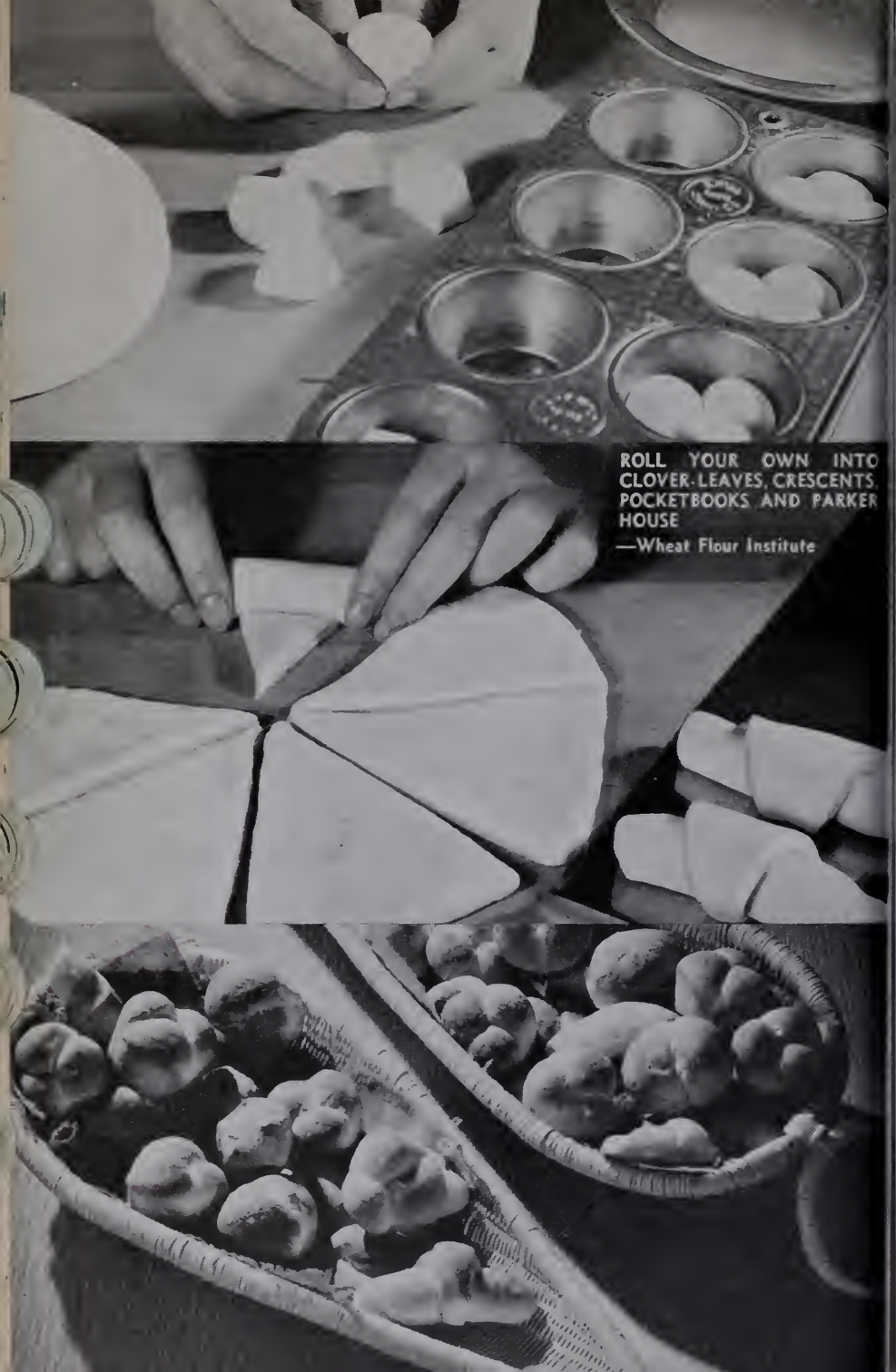
THREE AND BRAID
OCCASIONALLY
—Wheat Flour Institute



ROLL YOUR OWN INTO CLOVER-LEAVES, CRESCENTS, POCKETBOOKS AND PARKER HOUSE

—Wheat Flour Institute

back edge over to the center. Press the dough away with the palms of your hands, exerting sufficient force to cause the part folded over to adhere to the mass under it, and repeat folding. Turn dough one-quarter around and repeat kneading. Continue turning, folding and kneading until dough is smooth and elastic and will not stick to an unfloured board.

First Rising of Dough—Put the dough into a greased receptacle large enough to hold at least three times the bulk of the dough. Grease the top of the dough, cover the receptacle and set in a warm place. Let the dough rise until it trebles its bulk.

Second Rising of Dough—Remove dough from receptacle, bring the top around the under side and fold edges together. This leaves a ball-shaped mass, round and smooth on the upper surface. Bread carefully shaped in this way seems to give a much better product than seamy rough dough. Put back in receptacle. Grease the dough, cover the receptacle, return to warm place to rise again. This second rising is not essential but is worth while because it improves both the texture and the flavor of bread.

Shaping into Loaves—Shape by folding the sides of a piece of dough under while pressing the dough so as to lengthen it. The top should be kept perfectly smooth and the only crease in the dough should be on the under side as the loaf is placed in the tin. If a soft crust is desired, grease the dough. To braid, cut into three, roll lengthwise, pinch together at one end, and proceed. Cover and allow to rise until double its bulk.

Baking Bread—A loaf of average size should bake from fifty to sixty minutes at a beginning temperature of about 400° F. After fifteen or twenty minutes, the temperature of the oven may be reduced. A moderate heat for sixty minutes produces better bread than a hot oven for thirty minutes.

The baking process may be divided into four periods:

First 15 minutes the dough should continue to rise.

Second 15 minutes the dough should crust over and brown slightly.

Third 15 minutes the center of the loaf should bake and the crust continue to brown.

Fourth 15 minutes the loaf should shrink from the sides of the tin and should be browned evenly over its entire surface. It should have a hollow sound when tapped.

Bread is baked to complete the rising, kill the yeast plants, drive off the carbon dioxide and alcohol, dextrinize the crust, harden the cell walls of the crumb and develop the desired flavor.

Tests for Determining When Bread Is Done

1. When the color is a rich golden brown.
2. When the loaf shrinks away from the sides of the pan.
3. When the sides of the pan sizzle when touched with a damp finger.
4. When a clean toothpick inserted comes out free from any particles of the dough.
5. When the loaf gives a hollow sound on being tapped.

Characteristics of a Good Loaf of Bread

Size and Shape—A medium-sized loaf made of dough weighing from one pound to one and one-quarter pounds costs less to bake and is more likely to be thoroughly baked than a very large loaf. A moderate-sized loaf is about four or five inches deep, eight or nine inches long, and four or five inches wide.

The careful shaping of the dough is the first step necessary in making a well-shaped loaf of bread.

Color—Bread should have a good bloom and be golden brown in color with a depth of crust on top, bottom and sides. The crumb should be cream-white in color with no dark streaks through it. A grayish color indicates poor flour or poor handling of the dough.

Texture—Nothing is more difficult to describe than texture, nothing more indicative of quality. Perfect texture of the crumb depends on kneading the dough until it is smooth and elastic and until it can be kneaded on an unfloured board without sticking. It depends on having the dough rise to double or treble its size once or twice before it is made into the loaf, and once in the tins. It depends on careful baking. To determine the texture of the crumb, cut the loaf in two. The holes should be small and uniform with no streak near the bottom of the loaf and no lumps through the loaf. Press the

center of the loaf with the knuckles; if the elasticity and moisture are right, the loaf should spring back to shape.

The crust should be smooth without large holes on the bottom and without a split on one side of the loaf. If the top crust is rough it may be due to insufficient kneading or to putting the dough into the tins before it is perfectly smooth.

Flavor and Odor—A well-made, well-baked loaf will taste slightly sweet, neither too fresh nor too salty, and will have no suggestion of acidity, rawness or mustiness.

Common Causes of Inferior Bread

Poor Flour—A cheap flour is an expensive flour because it makes a loaf inferior in texture, color, flavor and volume.

Old Yeast—Dead yeast plants can not leaven bread. Old compressed-yeast cakes or dry yeast which has been stored away until many of the yeast plants are dead will act very slowly if at all and will not give best results.

Too Much or Too Little Kneading—Over-kneaded dough becomes sticky and will not rise well in the oven. Under-kneaded dough makes streaked bread, poor in texture, which sometimes contains lumps that might have been worked out in the kneading.

Too Much Flour—Too stiff a dough rises very slowly and therefore often is not allowed to rise sufficiently. This is a green dough and produces a loaf with poor flavor.

Over-Rising—Too long rising gives a very porous loaf with little flavor, a pale crust and a porous crumb with broken, irregular cells. This bread crumbles badly. If the rising continues too long, the bread is sour.

Under-Rising—This gives a bread of dark crust which has blisters just under the crust. The loaf is small and flat. It browns easily in the oven. Such dough is said to be green.

Too Cool an Oven—Bread will continue to rise too long if the oven temperature is too low. The result is bread that is very porous in the center and upper part of the loaf.

Too Hot an Oven—The dough crusts over immediately and can not continue to rise the first ten or fifteen minutes it is in the oven, or the crust may break as it is forced up—usually on one side more than the other. The crust becomes very brown while the center is underdone.

Rope in Bread—This appears during hot, damp weather.

It is due to the presence of a bacillus and the ropy, stringy quality does not develop immediately after the bread is baked. Rope gives bread a very disagreeable odor and makes it unfit for use.

If rope develops all utensils used in making bread and containers in which bread is stored should be sterilized with boiling water. Vinegar equal to two per cent. of the amount of flour used should be added to all bread made until the supply of flour is exhausted. This is approximately one-half ounce (one tablespoon) of vinegar to one and one-half pounds of flour.

Mold—Bread wrapped while hot molds quickly. Containers used for storing bread should be washed and aired frequently, and immediately if mold is found.

Care of Bread After Baking

Bread should be removed from the tins as soon as it is taken from the oven, and placed on racks or crosswise of the tins so that air can circulate on all sides of it. Quick cooling prevents loss of moisture.

Varying from Recipes in Making Bread

Water may be substituted for milk in all bread recipes. This is not always desirable, however, as one purpose of milk is to increase the nutritive value of bread.

In recipes using compressed yeast, one cup potato yeast may be substituted for one cake compressed or dry yeast. When potato yeast is used it is necessary to use a little more flour.

STANDARD RECIPE FOR WHITE BREAD

2 cups milk
1½ teaspoons salt
1 teaspoon to 2 tablespoons sugar
Shortening, if desired, up to 2 tablespoons
½ to 2 compressed yeast cakes softened in ¼ to ½ cup lukewarm water
6 to 8 cups sifted flour (enough to make a dough)

Scald milk, add salt, sugar and shortening and cool. When lukewarm add the softened yeast. Add flour to make a stiff batter, beating well. Add flour enough to make a firm but not stiff dough. Mix and turn on to a floured board. Knead until

the mixture is smooth and elastic to the touch and until it does not stick to the hands or to the unfloured board. Put into a greased bowl, brush over top with melted fat. Cover and set in a warm place to rise. When it has almost trebled in bulk, fold it under and let it rise again. When light, shape into loaves and put into greased bread tins. Let rise until almost treble in bulk. Bake in a hot to moderate oven (400° F. to 375° F.) for fifty to sixty minutes. Remove from pans and cool as quickly as possible. Well-made and thoroughly baked bread should keep from five to ten days in a thoroughly clean, well-aired bread-box.

POTATO BREAD

½ cup boiling water
1½ teaspoons salt
1 tablespoon sugar
1 tablespoon fat
2 cups mashed potato
1 cake yeast softened in ½ cup lukewarm water
4 cups flour (enough to make medium dough)

Combine in order given, following general directions for bread-making, straight dough method (page 100).

POTATO YEAST

(*Liquid, Railroad or Starter*)

6 medium-sized potatoes
4 pints boiling water
1 cup flour
½ teaspoon ginger
⅓ cup sugar
3 tablespoons salt
1 yeast cake softened in 1 cup lukewarm water

Pare potatoes and cut in small pieces. Cook in the boiling water until well done. Mash the potatoes or force them through a colander.

Mix sugar, salt, ginger and flour. Pour over these ingredients the hot, cooked, mashed potatoes with the water in which they were cooked. When lukewarm add the softened yeast. Keep at room temperature twenty-four hours.

Pour into sterilized crock or jar. Cover and store in a cool, dark place. Liquid yeast may be used for two weeks. It is not desirable to keep it longer. When making new liquid yeast, use one cup of the old liquid yeast or a compound yeast cake to start it.

CORN BREAD

½ cup corn-meal
1¾ cups water
1½ teaspoons salt
2 tablespoons sugar
1 tablespoon shortening
½ cake compressed yeast, softened in ⅓ cup warm water
2¾ to 3 cups flour (enough to make medium dough)

Cook the corn-meal in the water ten minutes; add salt, sugar and fat to the mush. Cool until lukewarm, stirring occasionally to prevent a film. When cool add the yeast and beat well. Add the flour and mix well. Knead, using as little flour on the board as possible. Put into a greased bowl, let rise until it almost doubles in bulk. Work it down and let it rise again. Mold it into loaves, place in pan and let rise until it has almost doubled in bulk. Bake in a moderate oven (400° to 350° F.).

RAISIN BREAD

2 cups scalded milk
2 tablespoons shortening
¼ cup molasses
1½ teaspoons salt
¾ cup raisins, chopped and floured
½ to 1 yeast cake softened in ½ cup warm water
White flour to make a medium dough

Follow general directions for making bread, either sponge method (page 100) or straight dough method (page 100). Add raisins after the bread is kneaded.

GRAHAM BREAD

2 cups scalded milk
1½ teaspoons salt
2 tablespoons molasses or 2 tablespoons sugar
½ to 1 yeast cake softened in ½ cup warm water
1 cup wheat flour
About 5 cups graham flour

Follow general directions for making bread, adding only the white flour at first. Let the mass stand in a warm place until light. Stir in graham flour to make a stiff batter. Pour into a baking-dish and when it has almost doubled in bulk bake for one hour in a moderate oven (400° to 350° F.). If a less moist bread is desired, enough flour, part white and part graham, may be used to make a dough and the bread may be made by the straight dough method (page 100).

COLOR PLATE ON OPPOSITE PAGE
COURTESY THE CARNATION MILK COMPANY

WHOLE-WHEAT BREAD

2 cups scalded milk
2 to 4 tablespoons sugar
1 to 2 tablespoons shortening
1½ teaspoons salt
5 cups whole-wheat flour
2 to 3 cups white flour—enough to make a medium-stiff dough
1 yeast cake softened in ½ cup warm water

Follow general directions for making bread (page 100).

RYE BREAD

Follow recipe for whole-wheat bread, using rye flour instead of whole-wheat and adding caraway seeds if desired.

ROLLED-OATS BREAD

1 cup rolled oats
2 cups boiling water
½ cup molasses or brown or white sugar
1½ teaspoons salt
1 tablespoon melted shortening
½ to 1 yeast cake, softened in ½ cup lukewarm water
4½ cups sifted flour

Let the rolled oats steam for an hour in the boiling water. Cool and add the yeast, molasses, salt, and melted fat. Then stir in the flour and set away to rise. When light, beat thoroughly, place in greased bread-pans, let rise again, and bake in a moderate oven (400° to 350° F.) one hour. If a less moist bread is desired, add enough white flour in the beginning to make a medium dough and follow directions for straight dough method (page 100).

GLUTEN BREAD

2 cups scalded milk
1 yeast cake softened in ½ cup lukewarm water
2 egg-whites
1½ teaspoons salt
4 cups gluten flour

When the milk is cool, add the softened yeast, the salt, the gluten flour, a little at a time, and finally the slightly beaten whites of eggs. The mixture should be of a consistency to drop from a spoon rather than to pour and should be baked in greased pans filled about half full. Follow general directions for rising (page 101). When ready, bake one hour in a moderate

oven (400° to 350° F.). If a less moist bread is desired, add enough white flour to make a dough, after beating in the gluten flour, and follow directions for straight dough method of making bread, (page 100).

Rolls, Fancy Breads and Muffins

Soft, Light Dough—A softer dough is used for rolls than for loaves of bread, and rolls and fancy breads should be permitted to become lighter than loaves. This is because they are eaten fresh and should be very light and spongy in texture.

For Plain Rolls, use the straight dough method. This saves time and they are just as good as when made by the sponge method.

For Fancy Rolls when large quantities of fat, sugar and eggs are used, the best results are obtained by making a sponge of the yeast, liquid and one-half the flour, adding the fat, sugar and egg after the sponge is light. However, very good results can be secured by adding all ingredients before the first rising and such a change may be made in any of the following recipes.

Baking Rolls—Bake in a hot oven (400°-425° F.) Rolls are so small in size that slow baking dries them out. For crusty rolls, bake in individual gem pans or place one-half to one inch apart in baking-pan. To obtain a soft, bright crust, grease the rolls before baking; for a crisp crust, do not grease either before or after baking.

STANDARD ROLL RECIPE

2 cups scalded milk
1½ teaspoons salt
4 tablespoons sugar
6 cups flour (enough to make a smooth, tender dough)
4 tablespoons shortening
1 yeast cake softened in ¼ cup warm water

If a greater amount of sugar is used the rolls will be sweeter. If a greater amount of shortening is used, the rolls will be richer and more tender. Not less than two or more than eight tablespoons of sugar or fat should be used, however.

Follow general directions for making bread (page 100) kneading in a little less flour and permitting the dough to become lighter during each rising process both after it is shaped and before the rolls are placed in the oven.

VARIATIONS OF STANDARD ROLL RECIPE

Plain Rolls—When dough is light, cut or tear it into pieces about the size of a small egg or a walnut. Fold the sides under until the top of the roll is perfectly smooth. Brush the top with fat. Place in greased bread tin or on bread sheet or in individual molds. When light, bake in a hot oven (400°-425° F.)

Cinnamon Rolls—Follow standard roll recipe. When dough is light, roll into a sheet about one-fourth inch thick, spread liberally with melted butter, sprinkle with sugar and cinnamon. Add currants if desired. Roll like jelly-roll. With sharp knife or shears cut slices from the roll and place them an inch apart on a well-greased sheet. When light, bake in hot oven (400°-425° F.) about twenty minutes. When baked, the tops may be brushed with the yolk of egg diluted with a tablespoon of milk and returned to oven to brown.

Clover-Leaf Rolls—Follow standard roll recipe. When light, break dough into small pieces about the size of marbles. Brush with fat and place three or four of these tiny balls close together in greased muffin rings or pans. When very light, bake about fifteen minutes in hot oven (400°-425° F.). The success of these rolls depends on having the three balls together equal only as much dough as an ordinary roll would require and letting them rise very light before baking them.

Crescent Rolls—Follow standard roll recipe, adding flour to make a stiffer dough than for most rolls. When light, cut the dough into small pieces the shape of triangles. Brush with fat. Roll each triangle, beginning at the base. Press dough lightly with palm of hand, bringing ends around to form a crescent. Place on tins some distance apart. When light, bake in hot oven (400°-425° F.) fifteen minutes. Brush with egg-yolk mixed with milk and return to oven for browning.

Dinner Rolls—Follow standard roll recipe, using four tablespoons shortening, desired amount of sugar and two egg-whites. Add one-half the flour, beating until smooth, then add the beaten whites of eggs. Add the remainder of the flour, knead lightly and let rise. When light, cut or break dough into rolls the size of walnuts. Shape, place on well-greased pans, one-half to one inch apart, let rise and glaze with white of egg diluted with water. Bake in hot oven (400°-425° F.).

Finger Rolls—Follow standard roll recipe and when light cut and shape into long pieces about the size and shape of a finger. Place on well-greased pan, brush with melted fat or egg-white. When light, bake in hot oven (400°-425° F.).

Luncheon Rolls—Follow standard roll recipe using 6 to 8 tablespoons of shortening. Add two well-beaten eggs after one-half the flour has been added. Add remaining flour and knead. When light shape into small biscuits. Place one inch apart in well-greased pan. When double in bulk, brush with egg-yolk diluted with milk and bake in hot oven (400°-425° F.).

Parker House Rolls (Pocket-Book Rolls)—Follow standard roll recipe. Four tablespoons each of sugar and shortening give excellent results. When light, roll dough one-fourth inch thick. Cut with biscuit-cutter, brush each circle with melted fat and crease through the center of each roll with the dull edge of a knife. Fold each roll over double. Place on well-greased pan one inch apart, brush with melted fat and when very light bake in hot oven (400°-425° F.).

Twisted Rolls—Follow standard roll recipe. When light, break dough into small pieces and roll out with palm of hand into rolls about seven inches long and one-half inch thick, taking an end of each strip between the thumb and forefinger of each hand, twist in opposite directions and bring the ends together. Shape the two ends alike, place one-half inch apart on well-greased pans, brush with melted fat or egg-yolk diluted with milk. When light, bake in hot oven (400°-425° F.).

Tea Biscuit—Follow standard roll recipe. When dough is light, roll and cut with biscuit-cutter. Place on well-greased pans one-half inch apart. When light bake in hot oven (400°-425° F.).

English Muffins—Follow standard roll recipe, making a very soft dough. Knead lightly until smooth and elastic. Work down and when light again roll out with rolling-pin to about one-fourth inch in thickness. Cut in circles. When light, bake on ungreased hot griddle. As soon as they are brown on one side, turn them over. When both sides are browned, bake more slowly until finished. They may be browned on the griddle and then put into the oven to finish baking.

A modification of this recipe may be made by adding only enough flour to make a drop batter. Let it rise until light. Drop batter into large, greased English muffin rings, arranged

on a greased baking-sheet. Bake in a hot oven (400°-425° F.) until nearly done. Turn rings upside down and complete baking.

BREAD STICKS

1 cup milk
4 tablespoons shortening
1½ tablespoons sugar
½ teaspoon salt
1 yeast cake dissolved in ¼ cup lukewarm water
1 egg
3½ cups flour

Scald the milk and cool it. Cream the shortening and sugar, add the milk and salt. Add the dissolved yeast, the egg-white, well beaten, and the flour. Knead and let it rise. Shape into sticks about the size of a lead pencil. Put into a floured pan, far apart; the sticks must not touch one another after they have risen. When light, put into a hot oven (400° F.) then decrease the heat so that the sticks may become dry and crisp.

MONTE CARLO BREAD

2 cups scalded milk
1½ teaspoons salt
1 cup sugar
1 cup shortening
6 eggs
2 yeast cakes softened in ½ cup lukewarm water
9 cups flour (enough to make soft dough)
1½ cups currants

Add scalded milk to salt, sugar and shortening. When lukewarm, add the yeast. Add one-half the flour and beat well. Let rise until very light. Add slightly beaten eggs, currants and remaining flour. Knead lightly, let rise and when light place in well-oiled bread-pans. Let rise and when light bake in moderate oven (400° to 375° F.). When the bread is a few days old, cut in thick slices and toast.

SWEDISH TEA RING

1 cup scalded milk
¾ teaspoon salt
¼ cup sugar
6 tablespoons shortening
⅛ cup finely chopped nuts
1 yeast cake softened in ¼ cup warm water
3½ cups flour
1 egg

Add the scalded milk to the salt, sugar and fat. When lukewarm add the yeast. Add one-half the flour and beat well. Let rise until very light. When light add the egg and the remaining flour and beat well. Let rise. Divide the dough into

two parts and shape each in a long, round piece and form two circles, placing the circles on a baking-tin. Brush with white of egg and sprinkle with finely chopped nuts. With a large pair of scissors cut toward the center of the ring, but not quite to the center, at intervals of two inches, placing the cut section each time flat on the tin, giving it a petal-like appearance. When light, bake in a hot oven (400° F.).

RUSKS

1 cup scalded milk
½ to 1 yeast cake softened in ¼ cup warm water
3½ to 4 cups flour (enough to make a soft dough)
¾ teaspoon salt
2 tablespoons sugar
½ cup shortening
1 egg

Cool the milk, add the yeast and one-half the flour. When light add salt, sugar, shortening, egg and remaining flour. Knead lightly on well-floured board. Let rise until double in bulk, roll out and cut with biscuit-cutter. Place on well-oiled pans, let rise and bake in hot oven (400° F.).

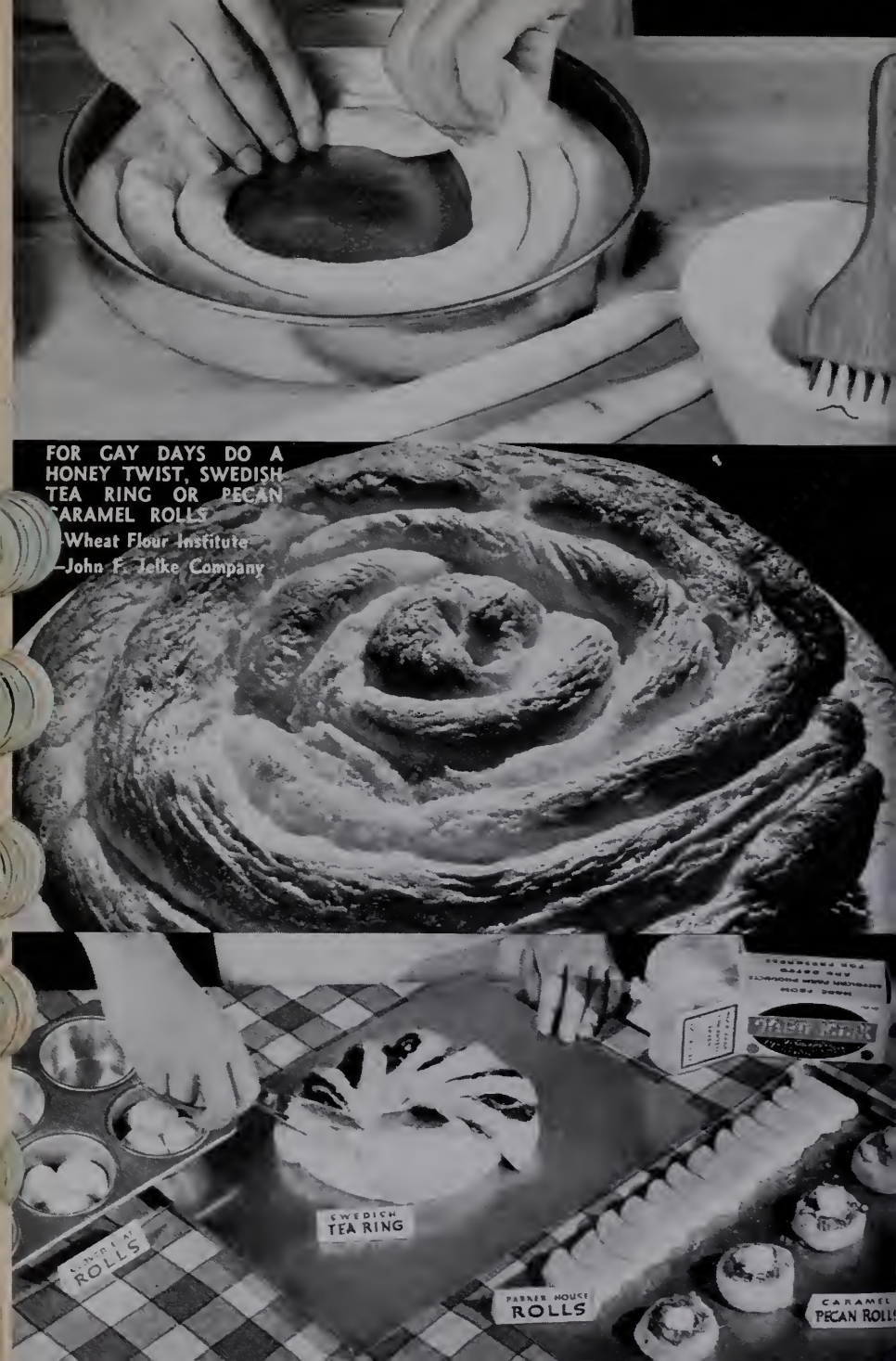
RAISED BUCKWHEAT CAKES

2 cups boiling water
½ cup corn-meal
½ yeast cake
¼ cup warm water
⅓ cup hot milk
1 tablespoon molasses
1 teaspoon salt
2 cups buckwheat flour
1 teaspoon soda

Pour the boiling water over the corn-meal and let stand until it swells. Soften the yeast in the lukewarm water. After the corn-meal is cool, add the molasses, salt, yeast and flour. Beat thoroughly and set in a warm place to rise over night. It should rise and fall again by the morning. Then add a teaspoon of soda dissolved in the hot milk, stir well, and bake on a hot griddle.

When the cakes are desired frequently (say, three times a week), fresh yeast will not be required after the first making, if a little more than a pint of the batter is reserved each time and kept in a cool place to be used instead of the yeast. Molasses in buckwheat cakes helps to give them a good color in frying. Without it, they may be gray and unattractive.

MAKE CRUMPETS OR MUFFINS
FOR YOUR ENGLISH COUSIN
AND HONEY SANDWICH BREAD
AS A TREAT FOR THE FAMILY
—Wheat Flour Institute
—Modern Science Institute



FOR GAY DAYS DO A HONEY TWIST, SWEDISH TEA RING OR PECAN CARAMEL ROLLS

—Wheat Flour Institute
—John F. Jelke Company

RAISED MUFFINS

1 cup scalded milk
¾ teaspoon salt
4 tablespoons sugar
2 tablespoons shortening
1 yeast cake softened in ¼ cup warm water
3½ cups flour
1 egg

Add the scalded milk to the salt, sugar and shortening. When lukewarm, add the yeast and one and one-half cups flour. Beat thoroughly. When very light, add the beaten egg and the remaining flour. Mix well and let the dough rise until double in bulk. Shape into portions small enough to fit into muffin-tins. Brush the top with egg-white slightly beaten and sprinkle with chopped nuts. Let rise in a well-oiled tin and bake in a hot oven (400°-425° F.).

COFFEE CAKE

1 cup scalded milk
1 cake yeast softened in ¼ cup warm water
2 cups flour (about)
1 egg
⅔ cup sugar
¾ teaspoon salt
4 tablespoons shortening
Sugar, cinnamon

Cool the milk and add the yeast and one-half the flour. Beat well and let rise until very light. Add the slightly beaten egg, sugar, salt and melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow, greased pans. When light, sprinkle thickly with sugar and cinnamon. Bake twenty minutes in a hot oven (400° F.). Serve hot. See page 476 for Upside-Down Cakes.

HOT CROSS BUNS

1 cup scalded milk
¾ teaspoon salt
½ cup sugar
½ cup shortening
1 yeast cake softened in ¼ cup warm water
4½ cups flour (about)
3 egg-yolks

Add scalded milk to salt, sugar and shortening. When lukewarm, add yeast and one and one-half cups flour. Beat well and let rise until very light. Add the egg-yolks and the remaining flour. Knead lightly and let rise until double in bulk. Roll out dough to one inch thickness and cut into rounds. Set these close together on a greased pan and let rise. Glaze the surface of each bun with a little egg-white diluted with water.

With a sharp knife cut a cross on top of each bun. Bake about twenty minutes in a hot oven (400° F.). Just before removing from the oven, brush with sugar and water. Fill the cross with a plain frosting. A cup of raisins may be added to the dough, if desired.

BRIOCHE

1 cup milk, scalded
⅔ cup butter
2 teaspoons salt
½ cup sugar
2 yeast cakes
¼ cup lukewarm water
4 eggs, well beaten
Melted butter
4½ cups bread flour

Scald milk and add butter, salt and sugar; stir until butter dissolves. When tepid, add yeast previously soaked in water, and beaten eggs. Sift flour before measuring, beating well into mixture. Allow to rise in warm place six hours. Refrigerate over night or until ready to use. Form quickly into small balls to ⅓ size of muffin tins or glasses. Brush tops with melted butter and let rise until double in bulk. Bake in hot oven (400° F.) for 20 minutes.

For Braids—Dust a bread-board lightly with flour and roll brioche dough gently into a sheet about one-half inch thick. Cut the dough in strips one-half inch wide, leaving one end uncut. Place on greased baking-sheet and brush the cut edges with melted fat. Fold the strips over each other to form a braid. Pinch both ends of braid together, flatten, and press down on pan to prevent strips separating and losing shape.

To Make Bow-Knots—Twist strips of brioche dough lightly and tie in a bow-knot. Bring the ends down and press to the pan.

For a Dessert—A very good simple dessert is made by baking this mixture in small shapes in muffin-tins and serving it with chopped fruit and a fruit sauce poured over it.

RAISED DOUGHNUTS

1 cup scalded milk
1 teaspoon salt
¾ cup sugar
2 tablespoons shortening
1 yeast cake softened in ¼ cup lukewarm water
3½ to 4 cups flour
1 egg
½ teaspoon grated nutmeg

Add scalded milk to salt, sugar and fat. When lukewarm, add the softened yeast. Add one and one-half cups flour. Al-

low the sponge to stand in a warm place until it is so light that it will fall at the slightest touch. Add the egg, nutmeg, and remainder of the flour and knead. The dough should be softer than bread dough. Cover and set in a warm place to rise. Toss on a lightly floured board and roll until three-fourths inch thick. Cut with a doughnut cutter and let rise. Fry in deep fat (360°-370° F.) two to three minutes. When frying, put the raised side of the doughnut down in the fat. The heat will cause the top side to rise by the time the doughnut is ready to turn.

SALT RISING BREAD

1 cup milk
2 tablespoons white corn-meal
1 teaspoon salt
1 tablespoon sugar
1 tablespoon melted shortening (may be omitted)
Flour

Scald the milk. Allow it to cool until it is lukewarm; then add the sugar, corn-meal and salt. If shortening is used, add it. Place in a fruit can or a heavy crock or pitcher and surround by water at about 120° F. Water at this temperature is the hottest in which the hand can be held without inconvenience. Approximately this temperature can be secured by mixing equal parts of boiling water and cold (not icy) water. Allow the mixture to stand for six or seven hours, or until it shows signs of fermentation. When it is fermented sufficiently the gas can be heard as it escapes. This leaven contains enough liquid for one loaf. If more loaves are needed, add 1 cup water, 1 teaspoon salt, 1 tablespoon sugar, and 1 tablespoonful shortening for each additional loaf to be made. Beat thoroughly and put the sponge again at the temperature of about 120° F. When it is very light, add more flour gradually until the dough is so stiff that it can be kneaded without sticking to the hands or to the board. Knead ten or fifteen minutes; put at once into the pans; allow to rise until about two and one-half times its original bulk, and bake. This bread is never so light as bread raised with yeast. A loaf made with one cup of liquid therefore will come not quite up to the top of a pan of standard size.

HONEY TWIST

1 cup milk, scalded
¼ cup butter
½ cup sugar
1 teaspoon salt

2 cakes compressed yeast
¼ cup lukewarm water
2 eggs
5-6 cups flour

Pour hot milk over butter, sugar and salt. Crumble yeast into lukewarm water to soften. Cool milk to lukewarm, add yeast and well-beaten eggs. Beat in flour to make a soft dough, then turn out on a floured board and knead until smooth. Form into a ball and place in a greased bowl. Cover and let rise until double in bulk. When light, shape into a long roll about one inch in diameter. Coil the roll into a greased cake pan, beginning at the outside edge and covering the bottom. Brush with honey topping. Let rise until double in bulk and bake in moderate oven (375° F.) 25 to 30 minutes.

Honey Topping:

¼ cup butter
⅔ cup confectioners' sugar
1 egg white
2 tablespoons honey, warmed

Cream all ingredients together and brush over Twist before baking.

USES FOR STALE BREAD

Many ways to prepare stale bread for use in canapés are found on page 159. Use the cookie cutter freely to produce additional designs. For bread croustades see page 329. If a lid is wanted, cut slice of stale bread to fit and toast, using an olive or radish attached with a toothpick for a knob handle (page 314).

Day-old rolls make excellent quick canapés. Cut off one end, scoop out soft center and pack the shell tight with any good canapé paste: anchovy butter, sardine paste, deviled lobster paste, Roquefort cheese, or any other favorite. Wrap in wax paper and keep in refrigerator. When needed slice thin, arrange carefully on a tin and brown lightly under the broiler. Garnish with olive rings, radish slices or parsley.

QUICK BREADS

QUICK breads are those breads or bread-like mixtures which are made up and baked at once. The essentials of quick breads are a liquid and flour. When leavening agents are used they act quickly and make the mixture light without a long period of waiting.

Quick breads may be improved in flavor and texture by the addition of salt, sugar, eggs, shortening, etc., in various combinations and proportions. Shortening and eggs contribute liquid to the mixture, which explains apparent discrepancies in proportions given in various recipes for quick breads.

READY-TO-USE FLOURS—Prepared flours which contain leavening and other ingredients require only milk or water to make excellent griddle cakes. The addition of eggs and shortening produces a batter suitable for muffins, waffles, and similar quick breads.

Types of Quick Breads

There are four types of quick breads—the pour batter, the drop batter, the soft dough and the stiff dough; the latter is seldom used.

THE POUR OR THIN BATTER will pour easily from a spoon or a pitcher and can vary in degree of thinness. The breakfast puff and the popover mixtures are examples of the thinnest batter, while the griddle-cake and the waffle mixtures are examples of a thicker pour batter.

THE DROP, OR THICK, BATTER does not pour readily, but drops in a soft moist mass from a spoon or must be shaken or helped free from it. Muffins and fritters are examples of the drop batter.

THE SOFT DOUGH can be handled more or less easily. Biscuits and some cookie mixtures are examples of the soft dough.

THE STIFF DOUGH can be handled easily, and some force must be used to roll it out. The Southern beaten biscuit and noodles are examples of the stiff dough.

Approximate Proportions of Liquid to Flour in Making Quick Breads

Pour or Thin Batter—Use 1 cup liquid with 1 to 1½ cups flour
Drop or Thick Batter—Use 1 cup liquid with 1½ to 2 cups flour
Soft Dough—Use 1 cup liquid with 2 to 2½ cups flour
Stiff Dough—Use 1 cup liquid with 4 to 5 cups flour

Methods of Mixing Quick Breads

Muffin Method—This method is usually used for the batter type of quick bread. The dry ingredients are mixed and sifted, then the liquid and egg (if used) are added, either separately or combined. When well mixed, the melted shortening is beaten in.

Cake Method—This method is used for the richer muffins. The shortening is creamed, the sugar stirred in, then the beaten egg added. The rest of the dry ingredients are mixed and sifted and added gradually to the first mixture alternately with the liquid.

Biscuit Method—The dry ingredients are mixed and sifted and the shortening cut in with knives or worked in with the tips of the fingers, it being necessary to keep the fat hard until the dough goes into the oven. If the shortening becomes warm, or is melted, the result is not flaky and flakiness should be a characteristic of biscuits.

Popover Mixtures should be thoroughly beaten with an egg-beater for several minutes, in order to introduce as much air as possible and to break the liquid present into tiny droplets. The mixture, being very thin, will not hold air very long, so it should be poured immediately into the baking containers, which may be of tin, glass, aluminum, earthenware, iron or steel. If metal containers are used, they should be hot when the batter is poured into them, so that the baking may begin as soon as the pans are put into the oven. A hot oven is needed at first and until the batter has risen to full height, then the temperature should be reduced in order to prevent burning.

For Griddle-cakes and Waffles the griddles and irons should stand perfectly level; then if the batter is poured steadily from a pitcher or from the tip of a large spoon, it will spread itself evenly.

Muffin Mixtures and Similar Batters should be stirred

and beaten only enough to combine ingredients thoroughly and produce smoothness of texture. The muffins should be baked at once.

Soft Doughs should be handled as little as possible and kneaded only enough to make a smooth surface, free from dry flour. Much kneading develops a stretchiness in the dough which detracts from flakiness. The dough should be rolled or patted out to one-half inch or more in thickness if thick, soft biscuits are desired, or rolled out to one-quarter inch in thickness if thin, crusty biscuits are desired. The biscuits should be baked at once.

Baking Temperatures For Quick Breads

All quick breads should be baked in a moderate to hot oven (350°-460° F.).

POPOVERS

1¼ cups flour
¼ teaspoon salt
2 eggs
1 teaspoon sugar
1 cup milk

Mix the flour, salt and sugar. Gradually add the milk and the well-beaten eggs. Beat thoroughly. Have ready some small ramekins or muffin-pans, well greased and piping hot. Fill them about half full of the batter and bake in a hot oven (450° F.) for twenty minutes. Lower to 350° F. and bake fifteen to twenty minutes more.

SWEET MILK GRIDDLE-CAKES

3 cups flour
2 teaspoons salt
1½ tablespoons baking-powder
1 tablespoon sugar
2 cups milk
1 egg
1 tablespoon melted fat

Mix and sift the dry ingredients and add the milk, gradually, beating constantly to make a smooth batter. Add the beaten egg and the fat and bake on a hot griddle. This makes a thick bready cake. If a thinner cake is desired, use more milk.

SOUR MILK GRIDDLE-CAKES

Use recipe for sweet-milk griddle-cakes, substituting thick sour milk for sweet and using one teaspoon of soda instead of the baking-powder. If thicker than liked, use water to thin.

BREAD CRUMB GRIDDLE-CAKES

1½ cups stale bread-crumbs
1½ cups scalded milk
2 tablespoons shortening
2 eggs
½ cup flour
½ teaspoon salt
4 teaspoons baking-powder

Soak the crumbs in the milk and melted fat until they are soft. Add the eggs, well beaten, and the dry ingredients, mixed and sifted. Bake on a hot, greased griddle. The cakes are very tender and should be turned carefully.

BAKING POWDER BUCKWHEAT CAKES

1½ cups buckwheat flour
½ cup wheat flour
5 teaspoons baking-powder
1 tablespoon molasses
½ teaspoon salt
1 tablespoon shortening
1½ cups milk

Sift dry ingredients together. Add melted fat to milk and molasses, then add slowly to dry ingredients. Beat well and bake until brown on a slightly greased, hot griddle.

RICE GRIDDLE-CAKES

1 cup boiled rice
2 cups milk
½ teaspoon salt
1 tablespoon sugar
1½ cups flour
1 tablespoon shortening
2 teaspoons baking-powder
1 egg

Put the cooked rice to soak with one cup of milk, and in the morning add the salt, sugar, shortening, flour and baking-powder. Beat the mixture well, then add the well-beaten egg and the other cup of milk. Bake on a hot greased griddle.

CORN-MEAL GRIDDLE-CAKES

1 cup corn-meal
1 tablespoon sugar
1 teaspoon salt
2 cups boiling water
1½ cups milk
2 cups flour
4 teaspoons baking-powder
2 eggs

Put the meal, sugar, and salt into a mixing-bowl, and pour over them the boiling water. Let stand until the meal swells, then add the cold milk. When the mixture is quite cool, stir

in the flour and baking-powder, mixing well, and lastly add the eggs, well beaten. Bake on a hot griddle. The cakes should be small, well browned and thoroughly cooked; they need a little longer cooking than wheat griddle-cakes.

FLANNEL CAKES

1 tablespoon shortening
2 cups flour
2 cups milk
1 teaspoon salt
4 teaspoons baking-powder
2 eggs

Rub the shortening into the flour, and add the salt and baking-powder. Beat the yolks of the eggs light, add the milk to them and beat well. Add the liquid to the flour mixture, stirring until quite smooth. Beat the whites light, add them to the batter, and bake on a hot greased griddle.

FRENCH OR JELLY PANCAKES

3 eggs
1 teaspoon sugar
½ teaspoon salt
1 cup milk
½ cup flour
1 tablespoon shortening

Separate the yolks and whites of the eggs. To the beaten yolks add the sugar, salt and one-half cup of milk. Stir in the sifted flour, the other half cup of milk, the melted shortening, then fold in the stiffly beaten whites of the eggs. When eggs are high, two eggs and a half teaspoon of baking-powder may be used.

Bake on a hot griddle, making the cakes slightly larger than usual. Spread each cake with tart fruit jelly and roll while hot. Place all on a platter, side by side, with the lapped edge of the roll touching the bottom of the platter to keep the cake from spreading. Dredge with sugar and, if desired, burn lines on the sugared surface with a red hot wire toaster. This gives an attractive appearance and a slight flavor of burnt sugar.

APPLE FLAPJACKS

1 tablespoon shortening
1 tablespoon sugar
2 eggs
1½ cups flour
1 teaspoon baking-powder
1 cup apples, chopped fine
Cinnamon
Milk

Cream the shortening and sugar, add the beaten eggs, the flour sifted with the baking-powder and cinnamon, and the

chopped apples. Then gradually add milk to make a medium batter. Bake on a griddle as for ordinary pancakes and serve in an overlapping row around a platter of pork chops, or serve separately with roast pork, either hot or cold. Cooked apples or a dry apple sauce may be used with batter in the same way.

POTATO PANCAKES

2 cups grated potato
1 egg
2 tablespoons flour
Milk
Salt
Pepper
Onion-juice

Scrub and pare the potatoes and grate into cold water to keep them from discoloring. Drain well and add the egg, well-beaten, the flour, and sufficient milk to make a stiff batter. Season with salt, pepper and onion-juice. Cook in a frying-pan with hot fat to the depth of about one-half inch. A large spoonful of batter makes a good-sized cake. Cook until well browned and crisp and serve as a vegetable with meat and gravy. Especially good with a stew.

WAFFLES

1½ cups flour
½ teaspoon salt
3 teaspoons baking-powder
1 cup milk
2 eggs
1 tablespoon shortening

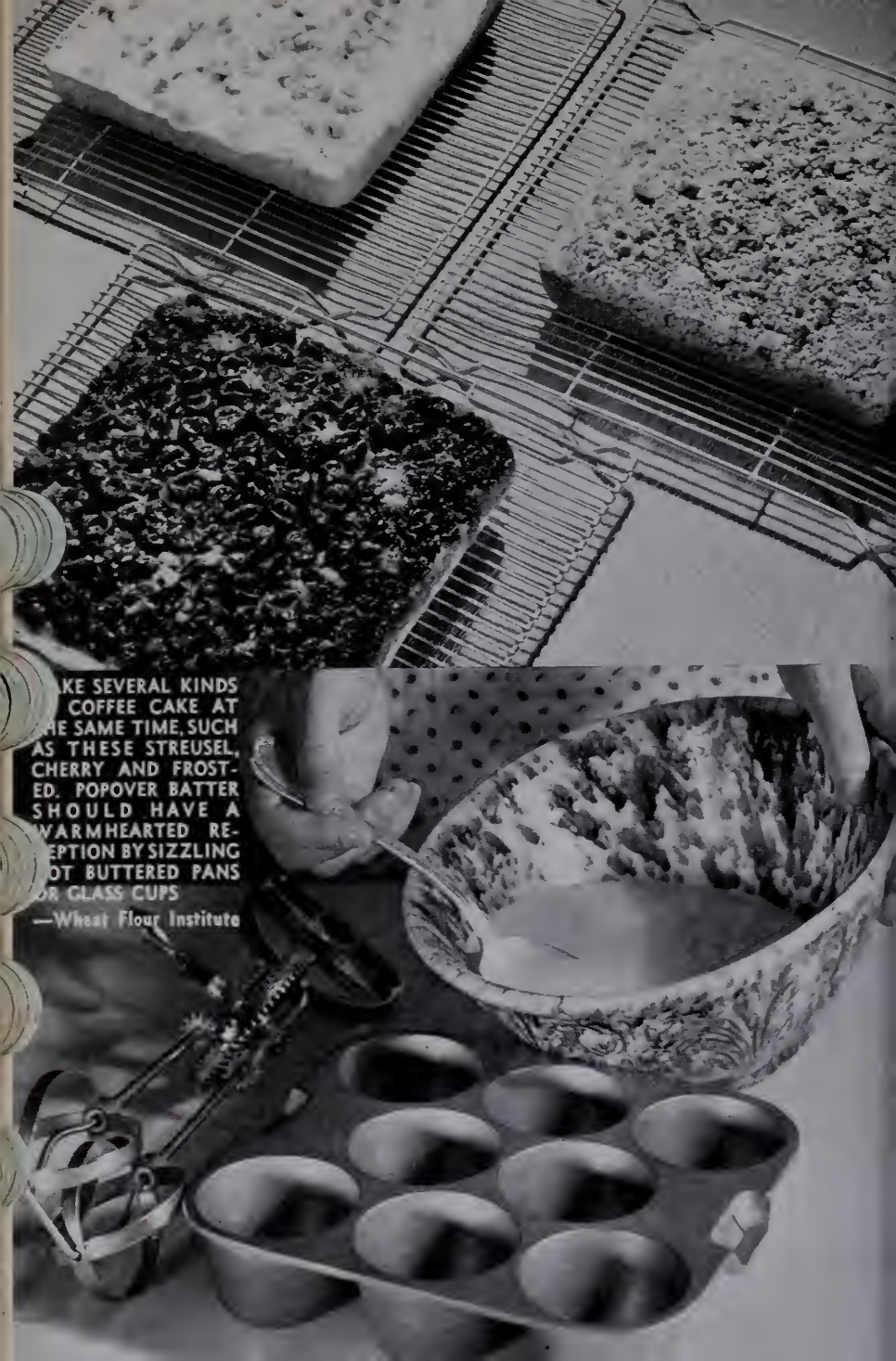
Mix the flour, salt and baking-powder, add the milk gradually, then the eggs, beaten until very light, and the melted shortening. Be sure that both sides of the waffle-iron are hot and that it is well greased. After baking each waffle, let the iron heat a minute before putting in batter for the next.

CREAM WAFFLES

2 eggs
2 cups sour cream
2 cups flour
1 tablespoon corn-meal
1 teaspoon soda
½ teaspoon salt

Beat whites and yolks of the eggs separately. Mix with the beaten yolks the cream, flour, corn-meal, soda and salt, and finally the egg-whites, beaten until stiff. Bake at once on a hot waffle-iron.

APPLE-FILLED FLAPJACKS OR WAFFLES HOT OFF THE GRIDDLE WILL GET EVERYBODY UP PROMPTLY
—Wheat Flour Institute
—General Foods Corporation



AKE SEVERAL KINDS
COFFEE CAKE AT
HE SAME TIME, SUCH
AS THESE STREUSEL,
CHERRY AND FROST-
ED. POPOVER BATTER
SHOULD HAVE A
WARMHEARTED RE-
EPTION BY SIZZLING
OT BUTTERED PANS
OR GLASS CUPS
—Wheat Flour Institute

BUTTERMILK WAFFLES

1 cup corn-meal
1½ cups water
1 teaspoon salt
1 tablespoon shortening
2 eggs
1 cup wheat flour
¾ teaspoon soda
½ cup sweet milk
Buttermilk

Cook the meal, water, salt, and shortening together for ten minutes, stirring constantly. Beat the yolks and whites of the eggs separately until very light. When the mush is cool, add the yolks. Sift together the flour and soda, and add to the mush, alternating with the sweet milk. Fold in the egg-whites, and finally add buttermilk to make a pour batter. Bake in a hot waffle-iron. This mixture is improved if it stands for a short time before the waffles are baked.

BAKING POWDER MUFFINS

2 cups flour
½ teaspoon salt
1 tablespoon sugar
4 teaspoons baking-powder
1 cup milk
1 egg
2 tablespoons melted shortening

Mix and sift the flour, salt, sugar and baking-powder. Add the milk gradually, the well-beaten egg and melted fat. Pour into well-greased muffin-tins, filling the tins two-thirds full. Bake in a hot oven (400°-425° F.) from twenty to twenty-five minutes.

GRAHAM MUFFINS

2 cups graham flour
2 tablespoons sugar
½ teaspoon salt
1 egg
¾ teaspoon soda
1½ cups sour milk
½ tablespoon shortening
1 teaspoon baking powder

Sift the flour with the other dry ingredients, and turn the bran back into it. Add the milk gradually, the well-beaten egg, and the melted shortening. Fill well-greased muffin-tins about two-thirds full and bake in a hot oven (400°-425° F.) from twenty to twenty-five minutes.

CORN-MEAL MUFFINS

1 cup corn-meal
1 cup flour
½ teaspoon salt
4 teaspoons baking-powder
1 cup milk
1 egg
2 tablespoons shortening

Mix and sift the corn-meal, flour, salt and baking-powder. Add the milk gradually, then the well-beaten egg, and melted fat. Bake in well-greased muffin-pans in a hot oven (400°-425° F.).

JELLY CORN MUFFINS

Use the recipe for corn-meal muffins. Fill greased muffin-tins one-fourth full, put a teaspoon of jelly on the top of the batter in each cup, cover the jelly with more batter and bake in a hot oven (400°-425° F.).

CORN MUFFINS WITH DATES

1 cup white corn-meal
2 tablespoons brown sugar
1 teaspoon salt
2 tablespoons shortening
1¼ cups milk
1 cup flour
4 teaspoons baking-powder
1 egg
½ cup chopped dates

Mix the corn-meal, sugar, salt and melted shortening. Scald the milk, pour it over the mixture, and let it stand until the meal swells. When cool, add the flour sifted with the baking-powder, the well-beaten egg and the dates. Beat thoroughly, and bake in greased muffin-tins in a hot oven (400°-425° F.).

CORN-MEAL ROLLS

1¼ cups bread flour
¼ cup corn-meal
3 teaspoons baking-powder
1 teaspoon salt
⅓ cup milk
1 tablespoon sugar
2 tablespoons shortening
1 egg

Mix and sift dry ingredients and cut in the fat. Beat the egg and add it to the milk. Combine the liquid with the dry ingredients. Knead slightly, roll out and shape as Parker House rolls. Bake in a hot oven (400°-425° F.) for twenty to twenty-five minutes.

RICE MUFFINS

¼ cup sugar
¾ cup boiled rice
1 egg
2 tablespoons shortening
1 cup milk
5 teaspoons baking-powder
2¼ cups flour
1 teaspoon salt

Mix sugar, boiled rice, egg, melted shortening and milk. Sift baking-powder, salt, and flour together, and add. Bake in greased muffin-pans in a hot oven (400°-425° F.) for thirty minutes.

RAISIN BRAN MUFFINS

1 cup bran
¾ cup flour
4 teaspoons baking-powder
½ teaspoon salt
1½ tablespoons molasses
1 tablespoon melted shortening
½ cup seeded raisins
½ cup milk
1 egg

Mix and sift the flour, baking-powder and salt, stir in the bran, add the molasses, the melted fat, raisins and the milk gradually. Then add the well-beaten egg and bake in muffin-tins in a hot oven (400°-425° F.) for thirty minutes.

BAKING POWDER BISCUIT

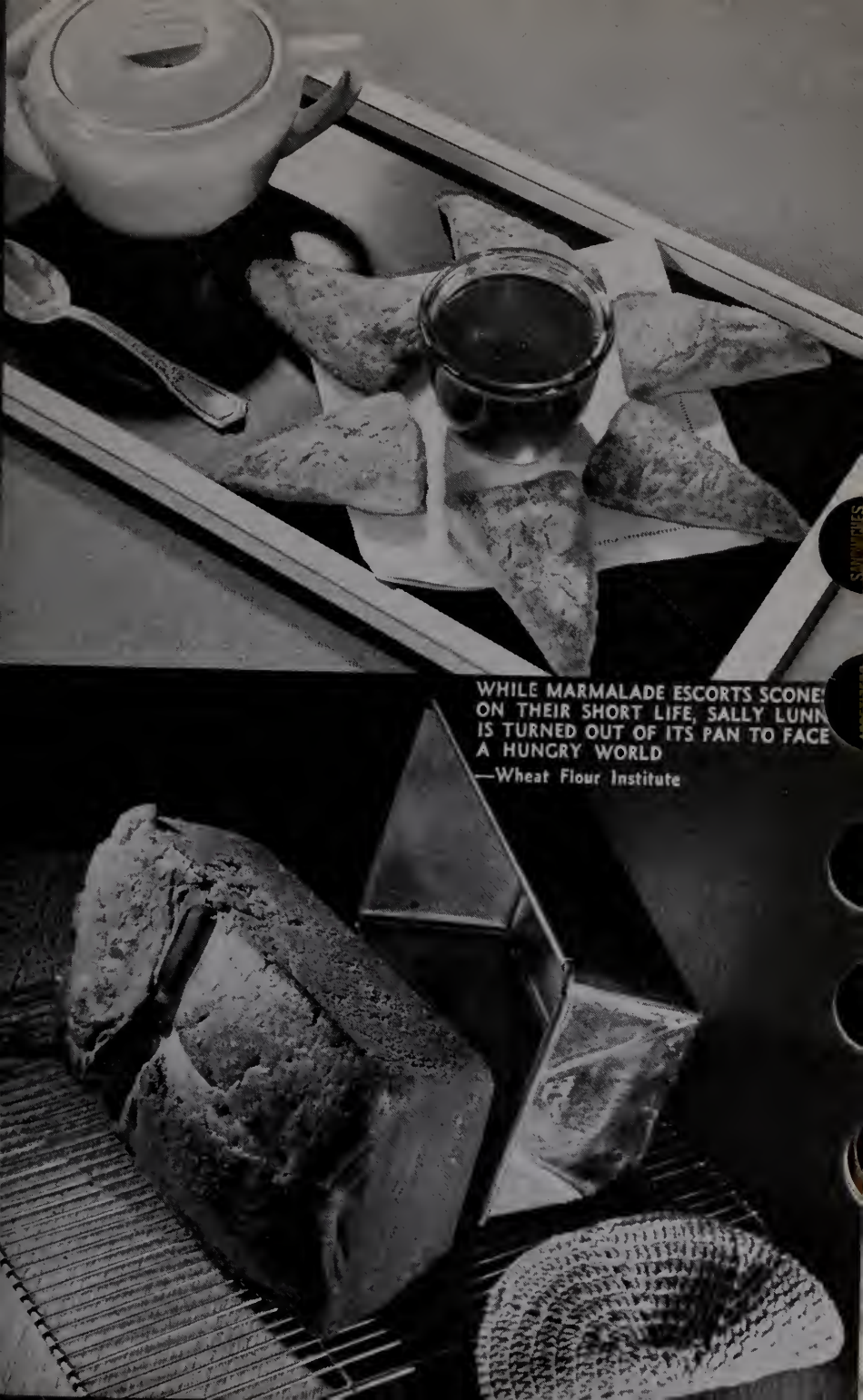
2 cups flour
4 teaspoons baking-powder
1 teaspoon salt
2 tablespoons shortening
¾ cup liquid (all milk or half milk and half water)

Mix dry ingredients and sift twice. Work in shortening with tips of the fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is not always possible to determine the exact amount of liquid. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit-cutter. Bake in hot oven (450°-460° F.) twelve to fifteen minutes.

Emergency Biscuit—Use the recipe for baking-powder biscuit, using more liquid to make the dough soft enough to drop from the spoon. The amount of the liquid in this recipe, in most cases, will be just half the amount of flour (two cups of flour to one cup liquid). Drop the biscuit on to a well-greased pan, or into greased muffin-tins. Bake in a hot oven (450°-460° F.).

QUICK NUT BREAD, DATE-BRAN BREAD, HONEY SANDWICH BREAD AND PRUNE-RYE BREAD, NOT TO MENTION THE EVER POPULAR GINGERBREAD AND CORN BREADS, WILL FIND THEIR PLACES AT YOUR TABLE

—Wheat Flour Institute
—Armour and Company



WHILE MARMALADE ESCORTS SCONES
ON THEIR SHORT LIFE, SALLY LUNN
IS TURNED OUT OF ITS PAN TO FACE
A HUNGRY WORLD
—Wheat Flour Institute

Baking Powder Biscuit Pie Crust—This is sometimes used to top a meat pie or a deep dish fruit pie where a rich crust is not desired. Follow directions for baking-powder biscuit, rolling the crust to about one-fourth inch thick, or drop it as for emergency biscuit, leaving a small opening in the middle for the escape of steam.

Pecan Rolls—Spread biscuit dough with shortening, brown sugar and pecans. Roll and cut into 1-inch slices. Bake in skillet, muffin tins or on cookie sheet with sugar-nut mixture instead of fruit as for Upside-Down Cakes. See page 476.

DATE BISCUITS

Add one-half cup dates, stoned and quartered, to the recipe for baking-powder biscuits.

SODA BISCUIT

2 cups flour
½ teaspoon soda
1 cup thick sour milk
1 teaspoon salt
2 tablespoons shortening

Follow directions for baking-powder biscuit. The dough should be stiffer than for baking-powder biscuit.

SCONES

2 cups flour
4 teaspoons baking-powder
1 teaspoon salt
4 tablespoons shortening
⅔ cup milk

Mix and sift the flour, baking-powder and salt, and chop in the shortening. Add sufficient milk to make a soft dough. Toss on a floured board and roll into a sheet one-half inch thick. Shape with a small round cookie-cutter. Bake on a griddle, turning so that both sides are cooked to a delicate brown. Lay a napkin on a plate, arrange the scones on it and fold the corners of the napkin over them. Split and butter while hot.

SALLY LUNN

½ cup shortening
¼ cup sugar
4 teaspoons baking-powder
2 cups flour
1 cup milk
1 egg

Cream the shortening with the sugar. Mix and sift together the flour and baking-powder and add to the creamed mixture,

alternating with the milk. Add the beaten egg and bake in a loaf or in muffin-pans, in a moderate oven (350°-400° F.).

When fresh huckleberries are in season, one cup stirred in just before baking will be an agreeable addition.

SOUTHERN BEATEN BISCUIT

2 cups flour
1 teaspoon salt
⅓ cup shortening
Milk and water

Sift the flour with the salt. With the tips of fingers work in shortening and moisten to a stiff dough with equal quantities of milk and water mixed. Place on floured board and beat with rolling-pin for at least one-half hour, folding the dough every few minutes. Roll to one-third inch thick, shape with a biscuit-cutter about two inches in diameter, prick with fork and place on greased baking-sheet or inverted dripping-pan. Bake twenty minutes in hot oven (400°-425° F.). They should be light, of even grain, and should crack at the edges like crackers.

SPOON CORN BREAD

2 cups water
1 cup white corn-meal
1 cup milk
1 tablespoon shortening
1 teaspoon salt
2 eggs

Mix the water and corn-meal and bring slowly to the boiling-point. Cook five minutes. Add the milk, shortening, salt and well-beaten eggs. Beat thoroughly and bake in a well-greased pan for twenty-five minutes at 400° F. Serve from the same dish with a spoon.

SOUTHERN SPOON BREAD

¼ cup of fat and cracklings from pork, beef, or chicken fat
3 cups boiling water
½ teaspoon salt
1 cup corn-meal
2 eggs

Add fat and cracklings to the water, and when boiling sprinkle in the salt and corn-meal, stirring constantly. Cook in a double boiler one hour, cool, and add the well-beaten eggs. Turn into a greased baking-dish and bake in a moderate oven (350° F.) three-fourths of an hour.

NORTHERN JOHNNY CAKE

2 cups corn-meal
2 cups sour milk
2 tablespoons shortening
2 tablespoons sugar, white or brown
1½ teaspoons salt
2 eggs
1 teaspoon soda
1 tablespoon cold water

Cook together the meal, milk, shortening, sugar and salt in a double boiler for about twenty minutes. Allow the mixture to cool, then add the well-beaten eggs and the soda dissolved in the water. Bake in a shallow iron or granite pan for about thirty minutes at 400° F.

In case there is not time to cook and cool the meal, the following method of mixing may be used. Mix and sift together the meal, sugar, salt and soda, add the sour milk gradually, then the well-beaten eggs and the melted fat. Bread made by this method does not have as good texture as that made by the first method.

NEW ENGLAND CORN CAKE

1 cup corn-meal
1 cup white flour
3 teaspoons baking-powder
2 tablespoons sirup
1 egg
1 cup milk
2 tablespoons melted shortening

Mix and sift the dry ingredients. Beat the egg light, add the milk, shortening and sirup. Stir into the dry mixture and beat well. Pour into a well-greased, shallow pan and bake at 400° F. twenty-five to thirty minutes.

SOUTHERN CORN BREAD

1 cup sour milk
½ teaspoon soda dissolved in 1 teaspoon water
1 egg-yolk
½ teaspoon salt
1½ cups corn-meal
White of one egg beaten stiff and added last

Mix in the order given and bake in muffin-tins or in a shallow pan in a moderate to hot oven (400°-425° F.) for twenty minutes.

To be real Southern corn-bread, this should be made of white corn-meal made from the whole grain.

HONEY SANDWICH BREAD

½ cup bran
1 cup graham flour
1 cup white flour
4 teaspoons baking-powder
1 egg
½ teaspoon salt
1 cup milk
⅓ cup honey
½ cup chopped walnuts

Mix and sift the dry ingredients together. Add the nuts, mix, and add milk, honey and beaten egg. Beat thoroughly. Pour into a greased oblong bread-pan and bake one hour at 400° F.

BOSTON BROWN BREAD

1 cup corn-meal
1 cup rye flour
1 cup graham flour
¾ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk or
1¾ cups sweet milk

Mix and sift the dry ingredients. Mix the molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well-greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread (375° F.) long enough to dry it off.

RAISIN BREAD

2 cups corn-meal
1 cup Graham flour
1 teaspoon salt
½ teaspoon soda
1 cup raisins
1½ cups sour milk
1 egg
½ cup molasses
3 tablespoons baking-powder

Mix and sift the dry ingredients, add the raisins and toss lightly together. Add the other ingredients. Mix thoroughly and steam for two and three-quarters hours.

WHOLE WHEAT SANDWICH

4 cups whole-wheat flour
⅓ cup sugar
1 egg
2 cups milk
8 teaspoons baking-powder
⅔ cup seedless raisins
½ cup chopped nuts
2 teaspoons salt

Mix the dry ingredients, add the nuts and raisins, add the milk and egg and beat thoroughly. Turn into a greased pan. Let the dough rise for fifteen minutes. Bake one hour in a moderate oven (350°-400° F.).

DATE BRAN BREAD

2 cups bran
2 cups white flour
1 teaspoon salt
3 tablespoons sugar
4 teaspoons baking-powder
⅔ cup dates cut in small pieces
1½ cups milk
1 egg
2 tablespoons melted shortening

Sift the dry ingredients together, add the dates, toss lightly together and add the milk. Mix well and add beaten egg and melted fat. Turn into a greased pan or mold and cover with oiled paper. Steam for three hours.

QUICK NUT BREAD

2 cups bread flour
½ cup sugar
4 teaspoons baking-powder
1 teaspoon salt
5 tablespoons shortening
1 whole egg
Yolk 1 egg
1 cup milk
½ cup finely chopped walnut or other meats

Mix and sift flour, sugar, baking-powder and salt. Work in shortening as for biscuit; then add egg and egg-yolk well-beaten, milk and chopped nut meats. Beat thoroughly and turn into a buttered bread pan. Let stand twenty minutes; then bake at 400° F. forty to fifty minutes. This is a delicious bread for sandwiches.

PRUNE RYE BREAD

2 cups sifted rye flour
2 cups sifted wheat flour
6 teaspoons baking powder
1½ teaspoons salt
¾ cup sugar
1 egg, slightly beaten
1¾ cups milk
1 cup cooked prunes, chopped

Sift together dry ingredients. Combine egg and milk, and add to flour mixture, stirring only until well mixed; stir in prunes. Turn into greased loaf pans and bake in moderate oven (350° F.) about 1 hour. Yield: 2 loaves, 6x3 inches, or 1 sandwich loaf, 11x3x3 inches.

SANDWICHES

AN encyclopedia published about 1900 defines a sandwich as "an article of food consisting of a slice of meat, fish, fowl or other food placed between two slices of bread, which may be plain or buttered." No such simple definition could be given today, for from these simple beginnings the sandwich has developed in all directions, and has adapted itself to such varied needs that it ranges from a fragile morsel served with afternoon tea to an elaborate combination of toast, meat, lettuce, tomato, sauce, and any number of other things which combine to make it a complete and satisfying meal.

Even the requirement of two slices of bread with something between them is no longer in force. "Open-faced" sandwiches offer almost unlimited opportunity for variety in both cold and hot meals. In these the slices of bread or toast are laid side by side. Sometimes, usually in hot meat sandwiches, both slices are covered with beef or chicken, or whatever gives the characteristic flavor, and the whole is covered with gravy. Often, especially in cold sandwiches, one slice holds its chicken or tomato or crab meat, while its companion is covered with cole slaw and dill pickles or a lettuce leaf holding a spoonful of mayonnaise. The possibilities are endless, and the suggestions given here can be combined and adapted to almost any requirement where a sandwich can be called into service.

Serving Sandwiches

Garnishes of fine parsley, cress, celery plumes, stuffed or ripe olives, or slices of lemon or pickle are effective on the serving-dish. Barberries and leaves, fresh nasturtium leaves and blossoms, or something to indicate the kind of sandwich may be used as a garnish.

Making and Keeping Sandwiches

The bread for flat sandwiches should be a day old because it can be cut more easily than fresh bread. For rolled sandwiches fresh bread should be used. Bread baked in special tins which provide slices that are perfect squares or circles is

economical when the crusts are to be cut off, but any loaf of comparatively fine grain may be used.

The Bread

All Sorts of Breads are made into sandwiches—white, brown, rye, graham, whole-wheat, raisin, date, nut, etc. Sometimes two or more kinds are used together. Long narrow rolls are attractive when sliced lengthwise, buttered and filled. For picnics, where a substantial filling is desirable, the crumb of the roll may be removed and the hollow filled with sandwich material. Thin salt wafers and crackers are often used instead of bread for paste sandwiches.

For Fancy Sandwiches, to be used for tea or receptions, or as an appetizer at the beginning of the meal, or to be served with the salad, the bread should be cut into slices as thin as possible and the crusts should be removed. Use a sharp knife, so that there will be no ragged edges.

Picnic and Lunch-Box Sandwiches are cut somewhat thicker than fancy sandwiches, and the crusts are generally left on.

Butter and Filling

The filling and butter for sandwiches should be increased in proportion to the thickness of the slice of bread.

Preparing the Butter—The butter should be thoroughly creamed before it is used or it will not spread evenly over the bread. To cream butter, place it in a warm bowl and mash and beat it until it is soft. It will then spread well even on fresh bread. Sandwich butters are often made by creaming one cup of butter with one-half cup of cream. One-half cup of butter, creamed, will spread a two-pound sandwich loaf cutting forty to forty-five slices.

Relishes such as mustard, salt, grated horseradish, chopped parsley, chives and curry may be added to creamed butter for use in sandwiches of meat, tomato, game, chicken, fish, cheese or eggs.

Spreading Butter and Filling—A poorly buttered sandwich is very unpalatable. Spread the butter to the very edges of the slices, on the sides that are to be put together, being careful, however, not to let the butter spread over the edges so that it is untidy. If the slices need not be fitted together, it is often easier to spread the bread before cutting it from the

loaf. A pliable knife or small spatula is a help in spreading butter or filling.

Spread the filling on the buttered surface of one slice only of each sandwich. Have the filling come to the edge of the sandwich, if possible.

When mayonnaise is used, not combined with a filling, as in mayonnaise and lettuce sandwiches, it is more evenly distributed if it is spread on one of the slices of bread and the lettuce leaf placed upon it.

Shaping the Sandwiches

Sandwiches may be cut with a knife into triangles, oblongs and similar outlines, or shaped with cutters into hearts, circles, crescents or any preferred design. When sandwiches are shaped with these fancy cutters, the bread should be shaped before it is spread, to avoid waste of butter and filling. Care must be taken afterward, however, not to spoil the shape while spreading. Heart, club, spade and diamond shapes are popular for card parties. Heart shapes are attractive for valentine and announcement parties and for showers. Strips, triangles, circles, crescents and rolled and folded sandwiches are used for teas.

Rolled Sandwiches—Cut the crusts from a fresh loaf of bread (or if a stale loaf of bread is used, cut off the crusts and wrap for an hour in a cloth wrung from cold water). Spread a thin layer of butter on one end of the loaf and then cut from it as thin a slice as possible. If a filling is used, spread it on the buttered slice. Roll this slice with the spread side inward and lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw the napkin firmly around the rolls and put them in a cold place until needed. The butter will harden and hold the rolls together.

Time Savers in Sandwich Making

In making sandwiches in quantity, route the work so that there will be no waste motions. Have a large enough space for (1) cutting the bread; (2) spreading the slices with butter and filling; (3) shaping and (4) wrapping the sandwiches.

Keeping Sandwiches

Sandwiches are best prepared just before serving, especially if the filling is of a kind that will become limp or soak into the

bread. When it is necessary to make sandwiches several hours before they are to be used, they may be wrapped in paraffin paper or a slightly dampened cloth or placed in a stone jar.

Filling for Meat and Salad Sandwiches

When sliced meat is used, a sandwich is easier to eat and generally more palatable if the meat is cut as thin as a knife-blade with several tiny slices instead of one thick one in each sandwich. Fancy butters are excellent with sliced meat.

All kinds of potted and minced meats are used between slices of bread with or without mayonnaise. Salted meat and fish fillings are improved by lemon-juice, chopped pickles or capers. Pastes of fresh fish and meat require high seasoning.

All forms of meat may be used with lettuce or cress, between two slices of buttered bread, with or without salad dressing. The slices should be pressed together and the crust trimmed, if desired. Lettuce may be used in large, crisp leaves, or in "ribbons," to make the sandwich easier to eat. Where mayonnaise dressing is used, the sandwiches should be made at the last moment, and served promptly. Tomatoes and cucumbers with lettuce and mayonnaise make delicious salad sandwiches.

Filling for Tea Sandwiches

The tea sandwich is seldom made of meat, though such things as minced chicken, lobster, or crab meat, and sardines beaten to a paste, are sometimes used for it. The bread is cut very thin and the fillings may be a bit of lettuce spread with mayonnaise dressing, chopped olives, nasturtiums, watercress and similar morsels. An attractive sandwich is made from diminutive Vienna rolls split not quite through and spread with vegetable filling. Another tea sandwich is made by spreading jelly or preserves between two salt crackers. If the crackers are spread with a thin film of butter and crisped quickly in a hot oven, this form of sandwich is really worth eating. Almond sandwiches of all varieties are delicious for the tea-table.

Filling for Sweet Sandwiches

Preserves of all kinds, drained from their sirup, marmalade, jam, jelly, crystallized and candied fruits are used for sweet sandwiches with graham or salt wafers, as well as with bread or sponge cake. The crystallized fruits may be sliced thin and

dipped in cream, chopped fine, moistened in orange-juice, and spread between bread or lady-fingers.

Scraped or grated maple sugar mixed with chopped nuts is used with brown bread. Ice-cream is cut in slices and put between wafers or layers of sponge cake.

Tiny tea biscuits make an excellent foundation for sweet sandwiches. They are split and buttered while hot and filled with honey and almonds, cream cheese and jam, or chopped nuts and marmalade. They are best served warm.

Filling for Nut Sandwiches

Pignolias or pine nuts, butternuts, walnuts, hickory nuts, almonds and pecans may all be put through a meat-chopper, mixed, a very little salt added, and spread over thin, buttered slices of brown or white bread. Or, to the ground nuts may be added a little salt and paprika and either salad oil or creamed butter to make a smooth paste.

The salty taste of peanut butter is good with raisin bread. Peanuts may be rubbed to a paste with creamed butter and a layer of chopped preserved ginger added.

Butternuts, walnuts, hickory nuts, almonds, or pecans may be used in equal parts, ground fine, with cream cheese moistened with sweet thick cream and seasoned with salt. Grated American cheese may be used instead of cream cheese and melted butter instead of cream.

PETITE MARMITE

Yeast bouillon, on the market as cubes or paste, makes an excellent spread for sandwiches, hors d'oeuvres and appetizers. It may be used alone or mixed with butter or other pastes. Its strong flavor makes it especially desirable with milder flavored fillings.

PREPARED BUTTERS FOR SANDWICHES

Anchovy Butter

Yolks of 4 hard-cooked eggs	½ cup butter
4 boned anchovies	Paprika

Rub the yolks of the eggs to a smooth paste with the anchovies and butter and add paprika to taste.

Ham Butter

½ cup cooked ham
½ cup butter
Yolks of 2 hard-cooked eggs
Pepper

Grind the ham and pound smooth with the butter and the yolks of the eggs and season with pepper.

Shrimp Butter

1 cup cooked shrimps
Salt
⅛ teaspoon cayenne
1 cup butter
About ¼ cup tarragon vinegar or lemon-juice

Pound the shrimps in a mortar with salt and cayenne. Add the butter and moisten the mixture with the tarragon vinegar or lemon-juice.

Sandwiches with Nut Fillings

PEANUT BUTTER, FIG AND RAISIN SANDWICHES

¼ cup figs
¼ cup raisins
2 tablespoons light corn-sirup
½ teaspoon salt
½ cup peanut butter
2 tablespoons lemon-juice

Wash figs and raisins and put through a food-chopper. Add salt, peanut butter, lemon-juice and corn-sirup, and mix well. Use between thin, buttered slices of bread.

PEANUT BUTTER AND ORANGE MARMALADE SANDWICHES

½ cup peanut butter
¼ cup cream
½ cup orange marmalade

Mix peanut butter with cream or milk until it is smooth and light in color. Spread generously on thin slices of bread, and add a layer of orange marmalade. The marmalade may be mixed with the peanut butter, if preferred.

PEANUT BUTTER AND BANANA SANDWICHES

½ cup peanut butter
¼ cup cream or hot water
Lemon-juice
½ cup banana pulp or sliced bananas

Mix the peanut butter with the cream until it is smooth and light in color, then combine with the banana pulp and a little

lemon-juice and use between thin, buttered slices of bread. Or place slices of banana over layer of peanut butter on bread.

PEANUT BUTTER AND PICKLE SANDWICHES

½ cup peanut butter
½ cup chopped pickle
¼ cup cream or hot water

Cream peanut butter and water together and add chopped pickle. Use between thin, buttered slices of bread.

PEANUT BUTTER AND ONION SANDWICHES

1 cup peanut butter
¼ cup mayonnaise
1 small Bermuda or Spanish onion

Beat peanut butter, add mayonnaise and spread sandwiches. Slice onion in very thin slices and put a layer of these over mixture on bread.

ALMOND SANDWICHES

No. 1

1¼ cups almonds
½ teaspoon salt
3 tablespoons lemon-juice

Chop the almonds fine, mix with the salt and lemon-juice and use with thin slices of bread, buttered. Cut into small ovals, pressing a blanched almond in the center of each sandwich.

No. 2

Use the same quantities as for No. 1. Toast the almonds a light brown and grate them. Form into a paste with the lemon-juice, add the salt and spread over the bread.

No. 3

⅓ cup almonds
¼ cup mayonnaise
⅔ cup shredded celery

Chop the almonds fine and mix them with the celery. Spread between thin, buttered slices of bread. Sandwiches filled with this mixture are an excellent accompaniment to salads or cold

meats. When served with meats the celery and almonds may be moistened with a few spoonfuls of mayonnaise.

MARRON SANDWICHES

Grind marrons glacés (candied French chestnuts) fine, spread on rounds of buttered bread and cover with rounds of bread from which the centers have been cut. Fill the centers with whipped cream, sweetened and flavored, and decorate with blanched and chopped pistachio nuts or tiny candied violets.

Sandwiches with Cheese or Egg Fillings

CHEESE SANDWICHES

No. 1

Place thin slices of American, Swiss or any preferred mild or snappy cheese between two slices of buttered bread. Add a dash of mustard if desired.

No. 2

Grate sapsago and Parmesan cheese and sprinkle thickly over a slice of buttered bread. Then dust with a mild red pepper and add another slice of buttered bread.

No. 3

Yolks of 3 hard-cooked eggs
2 tablespoons salad oil
Mustard
Paprika
1 tablespoon vinegar
1 cup grated cheese
Salt

Rub smooth the yolks of the hard-cooked eggs. Add the oil, stirring it in very slowly with a fork, and mix thoroughly with a little mustard, paprika, salt and the vinegar. Add the grated cheese and use between thin buttered slices of white or brown bread.

No. 4

½ pound American full cream cheese, grated
2 tablespoons melted butter
¼ cup cream
½ teaspoon dry mustard
Paprika
Salt

Mix all the ingredients thoroughly and use between thin buttered slices of bread. This filling will keep indefinitely in closed jars in the refrigerator.

COTTAGE CHEESE SANDWICHES

1¼ cups cottage cheese
2 tablespoons butter
½ teaspoon salt
2 tablespoons thick cream

Cut slices of brown bread one-half inch thick, not removing the crusts. Rub the cheese to a smooth paste, and add slowly, beating all the while, the melted butter, the salt and the thick cream. Spread each slice of bread thickly with this mixture. Cover with a very thin slice of white bread and on top of this put a thin layer of the cheese mixture. Cover with a slice of brown bread and trim into shape.

CHEESE AND ANCHOVY SANDWICHES

1 cup cream cheese or
10 tablespoons grated Parmesan cheese
¼ cup anchovy paste
Pinch of mustard (may be omitted)

Mix the anchovy paste with the cheese and add mustard if desired. Spread between slices of buttered bread or toast.

CHEESE AND BANANA SANDWICHES

No. 1

1 cup cream cheese
¼ cup cream
2 bananas
¼ cup mayonnaise

Place ice-cold bananas, sliced and covered with mayonnaise, between buttered slices of white bread spread with cream cheese softened with the cream.

No. 2

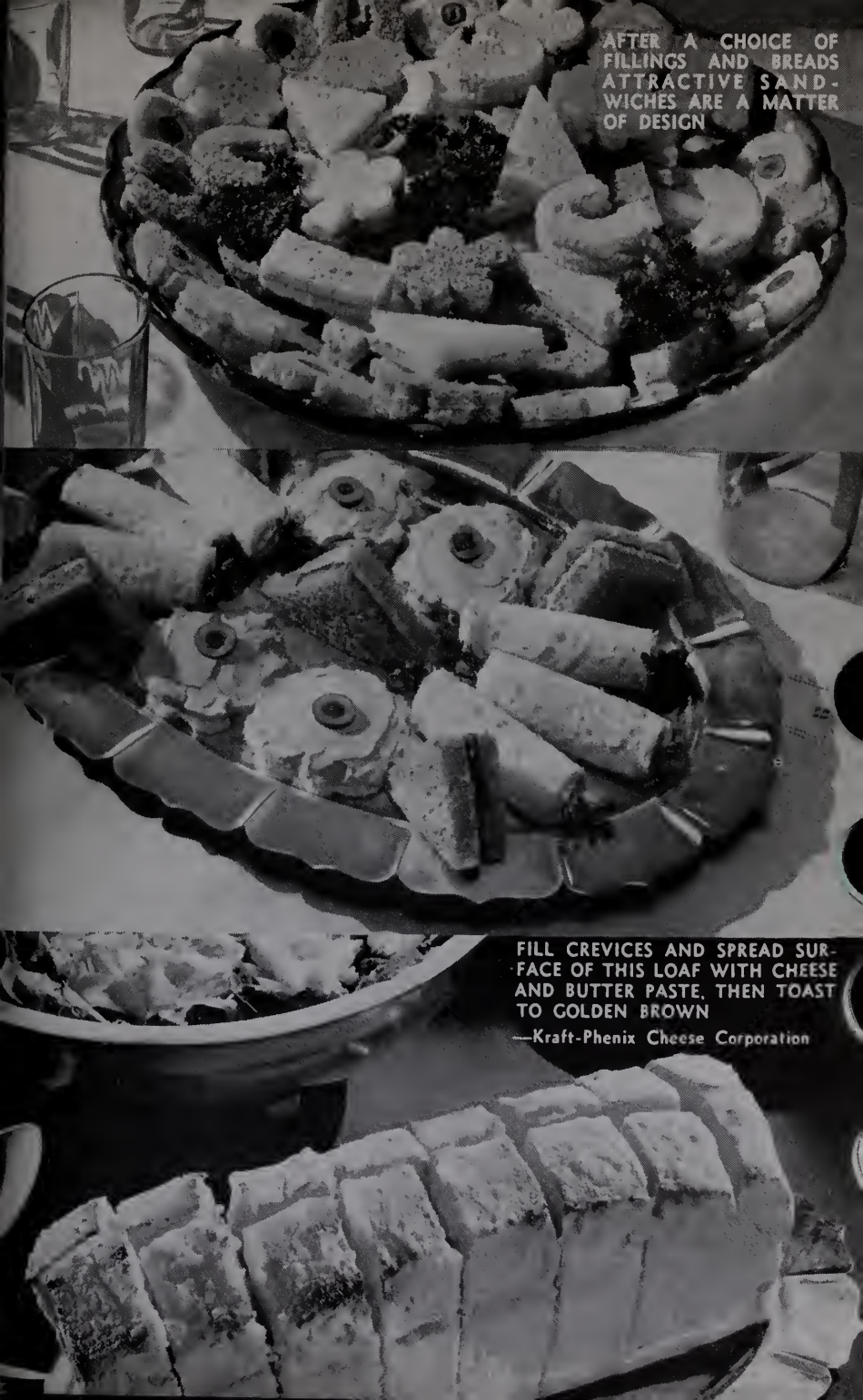
Make a pulp of the bananas and mix with the softened cheese.

HARLEQUIN SANDWICHES WITH CHEESE FILLING

Cut half-inch slices of both brown and white bread. Spread each slice with butter and cream cheese and place four slices together, alternating the brown bread with the white. Press together and slice through the four layers, cutting them into as thin slices as possible without allowing the slices to break. When neatly done, the effect of the alternate layers of dark and light is very good.

FOR THE PIRATE'S TREASURE CHEST RETURN THIN SANDWICHES TO THE LOAF FROM WHICH THEY CAME OR SLICE YOUR LOAF LATERALLY, FILL WITH VARIOUS PASTES AND FROST WITH CREAM CHEESE TO YOUR TASTE

—Wheat Flour Institute
—Kraft-Phenix Cheese Corporation



AFTER A CHOICE OF FILLINGS AND BREADS ATTRACTIVE SANDWICHES ARE A MATTER OF DESIGN

FILL CREVICES AND SPREAD SURFACE OF THIS LOAF WITH CHEESE AND BUTTER PASTE, THEN TOAST TO GOLDEN BROWN

—Kraft-Phenix Cheese Corporation

CHEESE AND ORANGE MARMALADE SANDWICHES

½ cup cream cheese
¼ cup cream
½ cup orange marmalade

Spread half the slices of buttered bread with the cheese, softened with the cream, and seasoned with salt if desired, and spread the other slices with orange marmalade. Press the slices together.

CHEESE COMBINATION SANDWICHES

1 cup cream cheese or cottage cheese
¼ cup mayonnaise or
¼ cup chopped olives or
¼ cup chopped nuts or
¼ cup chopped pimientos

Mix the cheese with the mayonnaise, chopped olives, nuts, or pimientos, and use between very thin slices of brown or rye bread, lightly buttered.

CHEESE AND ONION SANDWICHES

1 cup cream cheese
¼ cup chopped Bermuda onion
Lettuce leaves
¼ cup mayonnaise

Mix the cheese with the onion. Use with mayonnaise and a crisp lettuce leaf between slices of buttered bread.

ROQUEFORT CHEESE SANDWICHES

½ cup Roquefort cheese
Salad oil
2 tablespoons butter
Whole-wheat bread

To the cheese, add creamed butter and enough salad oil to make a paste. Use a thin layer between buttered slices of whole-wheat bread.

CHEESE MAYONNAISE SANDWICHES

2 hard-cooked egg-yolks
1 tablespoon melted butter
⅓ pound cheese
½ teaspoon salt
½ teaspoon pepper
½ teaspoon mustard
1 tablespoon vinegar

Rub the egg-yolks and butter together until they make a smooth paste, then add the grated cheese, salt, pepper and

mustard, mixing thoroughly. Stir in the vinegar and spread between buttered slices of bread, crackers or pieces of oat-cake.

RUSSIAN SANDWICHES

½ cup cream cheese
¼ cup chopped olives
Lettuce leaves
¼ cup chopped pimiento
¼ cup mayonnaise
Boston brown bread

Spread the cream cheese on thin slices of Boston brown bread. Spread an equal number of buttered slices with chopped olives and pimientos mixed with mayonnaise dressing. Press together in pairs with a crisp lettuce leaf between.

EGG SANDWICHES

No. 1

Hard-cooked eggs
Pepper
Salt
Paprika
Capers or pickles if desired

Slice the eggs and lay the slices between thin buttered slices of bread. Season to taste with salt, pepper and paprika and add a layer of chopped capers or pickles if desired. These are good for lunches for traveling or picnics.

No. 2

1 cup chopped, hard-cooked egg
Chopped capers or pickles
¼ cup mayonnaise

Mix the chopped egg with the mayonnaise and add salt, pepper and chopped pickles or capers to taste. Use between thin buttered slices of bread.

Sandwiches with Meat and Poultry Fillings

CHICKEN SANDWICHES

No. 1

1 cup cooked chicken meat, white or dark
¼ cup mayonnaise

Chop the chicken meat very fine, mix with the mayonnaise, and spread thin slices of bread, buttered or unbuttered, with the paste.

No. 2

2 egg-yolks
1 teaspoon melted butter
1 teaspoon lemon-juice
1 cup minced, cooked chicken
Salt Pepper
1 teaspoon stock

Cook the eggs thirty to forty-five minutes, in water just below boiling-point, take out the yolks, and mash as fine as possible. Add to these the melted butter and lemon-juice, the minced chicken, salt, pepper and stock. Mix all well together. A paste will be the result and with this very delicate sandwiches may be made.

No. 3

1 cup cooked white meat of chicken
1 tablespoon gelatin
1 tablespoon cold water
6 tablespoons thick cream
½ teaspoon salt
Dash of paprika

Chop the chicken very fine and pound to a paste, adding salt and a dash of red pepper. Soak the gelatin in the cold water for fifteen minutes, and add the thick cream. Dissolve the gelatin over boiling water, beat it slowly into the chicken and add salt and paprika. Set aside to cool, smoothing into an even mass. When cool, divide into squares, cut these squares into very thin slices and arrange on thin buttered slices of bread. Cut into fancy shapes, removing the crusts.

No. 4

¾ cup cooked chicken meat
¼ cup chopped stuffed olives
¼ cup chopped almonds
¼ cup mayonnaise

Cut the chicken meat into small bits and add the almonds and olives. Moisten with mayonnaise and spread on thin, buttered slices of bread.

CHICKEN, HAM AND CELERY SANDWICHES

1 cup cooked chicken meat
½ cup celery
1 tablespoon green pepper
¼ cup mayonnaise
¼ cup cooked ham

Mince the chicken, ham, celery and green peppers. Mix with the mayonnaise and spread on buttered bread.

CHICKEN AND DILL PICKLE SANDWICHES

Between buttered slices of white bread, use thin slices of white meat of roasted chicken and thin slices of dill pickle. Cut into triangles and serve on lettuce leaves.

CHICKEN LIVER SANDWICHES

1 cup cooked chicken livers
2 tablespoons chopped crisp bacon
Salt
Pepper
1 tablespoon lemon-juice
2 tablespoons sliced truffles
4 drops tabasco sauce
2 stalks celery, minced

Mash the chicken livers, add the chopped bacon, salt, pepper, tabasco sauce, lemon-juice and sliced truffles. Use between slices of bread spread with creamed butter mixed with minced celery.

CHICKEN AND TONGUE SANDWICHES

1 pint minced cold boiled chicken and tongue, mixed
½ cup melted butter
1 egg-yolk
Black pepper
1 teaspoon Worcestershire sauce

To cold boiled tongue and chicken add the melted butter, the yolk of the egg, beaten, a little black pepper, and the Worcestershire sauce. Spread this over buttered bread.

PÂTÉ DE FOIE GRAS SANDWICHES

No. 1

Moisten pâté de foie gras with cream to make a thin paste. Spread on lettuce leaves on white buttered bread and sprinkle with French dressing.

No. 2

1 tablespoon pâté de foie gras
¼ cup boiled chestnuts
2 tablespoons butter

Mash the butter and chestnuts to a paste, add the pâté de foie gras and mix well. Spread very thin on slices of buttered bread.

BEEF SANDWICHES

1¼ cups cold roast beef
1 teaspoon salt
½ tablespoon tomato catchup
½ teaspoon Worcestershire sauce
1 tablespoon melted butter

To minced cold roast beef add the salt, tomato catchup, Worcestershire sauce and melted butter. Spread on buttered bread, cover with a second slice, and cut into fancy shapes.

HAM SANDWICHES

No. 1

Slice boiled ham very thin and use several tiny slices between thin slices of buttered bread, adding a little mustard if desired.

No. 2

1 cup ham
1 tablespoon salad oil
1 tablespoon lemon-juice
Pepper
½ teaspoon mustard mixed with ¼ teaspoon water to a smooth paste

Chop the ham fine and season with salad oil, lemon-juice, a dash of pepper and the mustard. Spread between thin, buttered slices of bread.

No. 3

1 hard-cooked egg
1 small spiced cucumber pickle
1 cup boiled ham
¼ cup mayonnaise

Chop the hard-cooked egg, cucumber pickle and boiled ham and mix well. Moisten with the mayonnaise, season to taste, and spread between thin slices of buttered bread.

HAM AND ANCHOVY SANDWICHES

1¼ cups chopped ham
1 teaspoon onion-juice
Paprika
Few drops tabasco sauce
Anchovy paste
Creamed butter

Add to the chopped meat, onion-juice, paprika, a few drops of tabasco sauce and a little anchovy paste mixed with creamed butter. Use between thin, buttered slices of bread.

HAM AND TOMATO SANDWICHES

1 cup minced ham
1 teaspoon parsley
Cayenne pepper
Pinch of mace
Few drops lemon-juice
¼ cup butter
Garlic or onion-juice
2 sliced tomatoes
Mayonnaise

To minced ham, add parsley, cayenne, mace, lemon-juice and creamed butter. Rub the bowl with garlic or add a little onion-juice. Spread rounds of buttered bread with the mixture and between each two rounds place a thin slice of ripe tomato spread with thick mayonnaise.

LIVER AND BACON SANDWICHES

½ cup chopped bacon
¼ cup cream
½ cup mashed liver
Salt and pepper

Mix chopped bacon and mashed liver, season with pepper and salt and mix with cream. Spread between slices of buttered bread. Decorate the plate with a border of lemon slices and hard-cooked eggs cut into halves lengthwise, with a sprig of cress or parsley on each half egg.

MUTTON OR LAMB SANDWICHES

1¼ cups cold mutton or lamb
1 teaspoon salt
1 tablespoon capers
1 teaspoon chopped mint
Dash of pepper
1 tablespoon lemon-juice

Chop cold mutton or lamb very fine, add salt, capers, chopped mint, pepper and lemon-juice. Use between thin buttered slices of whole-wheat bread. Serve on a bed of lettuce leaves.

TONGUE SANDWICHES

½ pound cooked tongue
¼ cup mayonnaise or prepared mustard
Salt
Pepper
Cayenne

Chop the tongue and pound to a paste, or cut into thin slices and use, with the mayonnaise and seasonings, between thin buttered slices of bread.

VEAL SANDWICHES

1¼ cups chopped veal
1 teaspoon salt
1 tablespoon lemon-juice
Mustard
Pepper

Chop the veal, and season with salt, lemon-juice and a little pepper and mustard. Spread mixture between thin buttered slices of bread.

Sandwiches with Fish Fillings

Anchovies, sardines, or freshly boiled fish may be used for sandwiches. These are better pounded to a paste, with a few drops of lemon-juice added during the pounding. Fresh white fish, like cod, may be seasoned with salt and pepper, moistened with a little mayonnaise or even a plain white sauce, and then put between two layers of buttered bread.

FLAKED FISH SANDWICHES

1 cup flaked fish
2 tablespoons chopped celery
2 tablespoons chopped cucumber pickles, either sweet or sour
¼ cup thick mayonnaise
1 tablespoon Worcestershire sauce or catchup, if desired
Salt
Pepper

Delicious and appetizing sandwich fillings are made by mixing these ingredients. Season to taste with salt and pepper and spread between thin buttered slices of bread.

ANCHOVY AND OLIVE SANDWICHES

½ cup mashed anchovies or anchovy paste
½ cup olives
¼ cup cream or butter

Chop the olives and mix with the anchovy paste. Add the butter or cream and use between thin buttered slices of bread.

CAVIAR SANDWICHES

½ cup caviar
2 teaspoons lemon-juice

Flavor caviar with lemon-juice and spread thin on lightly buttered bread. A small quantity of chopped pickled beets may be added if desired.

CRAB OR LOBSTER SANDWICHES

1¼ cups crab or lobster meat
¼ cup French dressing or mayonnaise

Butter thin slices of whole-wheat bread. Cover half of them thickly with flaked boiled crab meat or diced lobster meat and add a teaspoon of French dressing or mayonnaise. Cover with the other buttered slices of bread and cut into fancy shapes.

OYSTER SANDWICHES

Large oysters
Salt
Horseradish
Worcestershire sauce
Pepper
Tabasco sauce
Lemon-juice
Cress

Fry the oysters and place two or three between two buttered slices of brown or white bread. Sprinkle with pepper, salt, horseradish, lemon-juice, tabasco, Worcestershire or water cress, according to taste.

SALMON SANDWICHES

1 cup cold boiled or canned salmon
¼ cup mayonnaise

Mix the salmon with the mayonnaise until a fine even mixture is obtained. Remove the soft crumb from French rolls and fill the space thus made with the salmon mixture.

SARDINE SANDWICHES

12 large sardines
1 hard-cooked egg
Pepper
Lemon-juice
Shrimp butter, if desired
¼ cup mayonnaise or a little Worcestershire sauce, if desired
Salt
Creamed butter, if desired

Drain the oil from the fish, remove the skins and pound the fish to a paste with a little salt, pepper and lemon-juice. Use between thin buttered slices of bread. Shrimp butter may be mixed with the sardine paste and the flavor may be varied by the addition of Worcestershire sauce or mayonnaise or both.

The mashed yolk of the hard-cooked egg and three parts of creamed butter to one of the sardine mixture makes a delicious sandwich filling.

SHAD ROE SANDWICHES

1 shad roe
Yolks of 3 hard-cooked eggs
Butter
½ teaspoon paprika
3 drops tabasco sauce
1 teaspoon anchovy paste
Salt

Cook the roe and mash it together with the yolks of the hard-cooked eggs. Add an equal amount of creamed butter, the paprika, tabasco sauce, anchovy paste, and salt to taste. Spread between thin buttered slices of bread. Slices of lemon, peeled and salted, may be put between rounds of buttered bread and passed with the shad roe sandwiches.

Sandwiches with Vegetable Fillings

CUCUMBER SANDWICHES

No. 1

Soak thin slices of cucumber for one hour in good white vinegar seasoned with salt and pepper. Add one teaspoon of chopped chives, if desired. Drain the slices and use them between thin, buttered slices of brown or white bread. Each sandwich may be the size of a cucumber slice, if daintiness is desired.

No. 2

Chop a peeled cucumber and mix with mayonnaise. Use between thin buttered slices of brown or white bread.

ONION SANDWICHES

Pour salted water over thin slices of onion (or chopped onion) and let it stand for a time to extract the very strong flavor. Then drain the onion and use between buttered slices of bread, seasoning with pepper, salt, and a little mustard if desired.

PIMIENTO AND ANCHOVY SANDWICHES

¾ cup pimiento
Butter
½ teaspoon tabasco sauce
1 tablespoon lemon-juice
¼ cup anchovy paste
Salt

Rub pimientos to a paste with creamed butter and season with tabasco sauce, lemon-juice, anchovy paste and salt. Spread between thin buttered slices of whole-wheat bread.

RADISH AND HAM SANDWICHES

½ cup potted ham
¼ to ½ cup mayonnaise
½ cup sliced radishes

Peel and slice radishes, dip them in rich, thick mayonnaise, and lay on thin slices of bread covered with potted ham.

TOMATO AND LETTUCE SANDWICHES

4 tomatoes Lettuce leaves ¼ to ½ cup mayonnaise

Spread thin slices of buttered bread with mayonnaise, cover with a crisp lettuce leaf and spread with peeled, chilled tomatoes sliced thin. Cover with a second slice of bread, and cut into desired shape. Crisp bacon is a pleasing addition.

WATERCRESS SANDWICHES

1¼ cups cress
Paprika
2 tablespoons lemon-juice or ¼ cup mayonnaise

Sprinkle cress with salt, paprika, and lemon-juice, or mix with mayonnaise. Lay between slices of brown bread.

THE PIE CANAPÉ

An attractive canapé plate may be made by cutting twice horizontally, through a round loaf of rye bread. The slice should be ¾ inch thick and free of crust. Spread with softened butter and mayonnaise dressing. Mark in circles as guides with increasingly larger articles—a small cookie cutter at center, a large cutter, a bowl, a small plate, and decorate in

concentric rings. Fill the center with caviar, piling chopped parsley or egg yellow at very center. Surround with circle of cream cheese tinted with vegetable coloring pressed from a pastry bag. Continue these rings of appetizer paste and colored cream cheese in accordance with your taste or color scheme. Use red salmon paste, sardellen paste, anchovy paste, shrimp paste, etc. When finished, use a very sharp knife to cut like a pie but do not separate. Serve cold within a few hours.

SANDWICH LOAF OR CAKE

Slice an uncut loaf of day-old white sandwich bread horizontally, getting 3 or 4 long slices ¾ inch thick. Spread each slice with creamed butter and stiff mayonnaise, then each with a different chopped salad or sandwich mixture. Chicken, shrimp, salmon or tongue salad; deviled egg, sardine, anchovy, liver or cheese pastes may be used. Stack and cover the top and sides with soft cream cheese piled like frosting or whipped cream. Dust with paprika or chopped parsley. Chill and serve cold within 7 to 10 hours. Photograph on page 139A.

Miscellaneous Sandwiches and Sandwich Fillings

1. Raisins worked into cream cheese.
2. Chopped raisins, figs, dates or prunes, mixed with chopped nut-meats and moistened with mayonnaise dressing or lemon-juice.
3. The well-whipped white of an egg mixed with a cup each of chopped raisins and nut-meats, seasoned with a little salt.
4. Peanut butter moistened with salad dressing and mixed with raisins, dates, figs or bananas.
5. Equal parts olives, peanut butter, celery, mixed with a little salad dressing.
6. Peanut butter mixed with chopped dill, sweet or sour pickles.
7. Cream cheese and chopped stuffed olives.
8. Chopped stuffed olives and chopped nuts, moistened with salad dressing.
9. Cream cheese and crushed pineapple between very thin slices of bread.

10. Tunafish mixed with parsley, lemon-juice, seasoning and a bit of onion.

11. Cream cheese and chopped nuts.

12. Ground boiled ham and chopped pickles or chopped peanuts.

13. Cottage cheese and pickles, olives, nuts or pimientos.

14. Currant jam with pounded walnut meats and creamed butter. Pass with cream cheese. Preserved currants may be substituted in this combination.

15. Boston brown bread with cream cheese or mayonnaise mixed with chopped nuts and raisins.

16. Rounds of brown bread spread with chopped olives, minced lettuce and water cress, tarragon, paprika, parsley and chives mixed with mayonnaise.

17. Pimientos, cucumbers and onion or chives, minced, mixed with mayonnaise and spread on buttered entire-wheat bread.

18. Green pepper, pimiento and olives with mayonnaise.

19. Boston brown bread with minced corned beef seasoned with mustard and rubbed to a paste.

20. Cream cheese used with chopped parsley, pimientos and mayonnaise, chopped nuts, sliced sugared bananas, crushed pineapple, chopped or sliced olives, shredded sliced apples. The cheese may be rubbed with butter or the creamed butter may be spread on the bread.

HOT SANDWICHES

The hot sandwich is now frequently used as a supper or luncheon dish with a salad. It is sometimes served as a breakfast dish and even a dessert may now be served in sandwich form, as, for instance, slices of ice-cream between slices of sponge cake.

There are several types of hot sandwiches. Some are made from plain bread and served with hot sauce; in others the framework of the sandwich is toast, sautéd slices of bread, French-fried toast or fresh slices of bread baked with the sandwich-filling; and in still others hot baking-powder biscuit or crisp toasted crackers are used.

Then besides the regulation kind of sandwich—a filling between two slices of breadstuff—there is the open-faced kind, in which the top slice is left off and a garnish of cut parsley,

pickle, olive or grated cheese is used instead of the covering slice.

And, lastly, there is a third and novel type of sandwich in which the outer structure is of meat. This is cut in thin slices, dipped in fritter batter and fried in fat, and a filling of vegetables is placed between the slices.

GRILLED CHEESE SANDWICHES

Between two slices of medium thick bread, lay slices of cheese cut about one-eighth inch thick. Place in oven until cheese begins to melt. Then toast on both sides and serve hot. Or mash a soft cheddar cheese with cream. Spread this as a filling and toast the sandwich.

CHICKEN CLUB SANDWICHES

(For each sandwich)

3 slices toast
Mayonnaise
⅛ to ¼ breast of chicken
Lettuce
Crisped bacon
Tomato slices or
onion slices
Pickle or olives

For each sandwich remove the crust from three slices of toasted bread, buttered while hot. Spread the under slice with a thin layer of mayonnaise dressing. On this lay two small white lettuce leaves, allowing them to project beyond the edge of the toast. On the lettuce lay thin slices of breast of chicken spread with mayonnaise. Cover with a slice of toast, spread with mayonnaise and cover with slices of crisp bacon. A slice of tomato or onion may be placed over the bacon. Place the third slice of toast on this and garnish with pickles or olives. Serve while the toast and bacon are hot.

GRILLED TONGUE AND EGG SANDWICHES

1 cup chopped tongue
1 egg
1 teaspoon onion-juice
1 cup milk
2 tablespoons mayonnaise
dressing

Mix the tongue with the onion-juice and the mayonnaise and spread it on thin slices of unbuttered bread. Press the slices together and cut in two diagonally. Beat the egg, add the milk and dip the sandwiches in this mixture. Brown them in a small amount of butter, first on one side and then on the other. Garnish with parsley and serve at once on a hot platter.

COUNTRY CLUB SANDWICHES

Butter slices of toast. On each slice lay thin cuts of cooked sausage. Cover with a well-seasoned tomato sauce and sprinkle with grated cheese. Lay a strip of bacon on each sandwich and bake in a hot oven until the bacon is crisp.

TURKISH SANDWICHES

1 cup cooked chicken cut in small pieces
1 tablespoon butter
½ cup stock
1 tablespoon flour
¼ cup cream
1 teaspoon onion-juice
¼ cup walnut meats
Paprika Salt
Thin slices of toasted bread

Make a sauce of the stock, cream, flour, and butter. Add the other ingredients, and heat thoroughly. Place on slices of toast. Brush with melted butter and garnish with thin rings cut from stuffed olives. Serve immediately on a hot platter.

HAM SWEET SANDWICHES

For each sandwich allow two medium-thin slices of cold boiled ham. Lay the ham in French dressing for a few minutes. Drain and dip in a plain fritter batter. Fry in deep fat and drain on soft paper. Place one of the slices of ham on a hot plate, add lettuce and cover with another slice of the fried ham. Pour orange-raisin sauce over the sandwich and serve at once.

HOT BISCUIT SANDWICH

Make plain baking-powder biscuits. Bake until the crust is crisp on both top and bottom. Break—do not cut—the biscuits apart and butter the halves. On one side place a thick slice of tomato, then a layer of mayonnaise dressing and then one of minced bacon. Cover with the other half of the biscuit, press lightly together and serve at once.

SAVORY SANDWICHES

Spread slices of whole-wheat or graham toast with butter. Over these place slices of crisply cooked bacon. Sprinkle generously with chopped pickle and horseradish. Serve with sliced tomatoes.

SARDINE AND TOAST SANDWICHES

1 cup sardines
Lettuce
Onion-juice
Mayonnaise
Lemon-juice
Graham bread

Sardines that have been prepared in oil are to be preferred for these sandwiches. Drain the sardines, tear them in pieces, add a few drops of lemon-juice, onion-juice and enough mayonnaise to moisten. Toast medium-thin slices of graham bread and spread with butter creamed with a few drops of lemon-juice. Cover with lettuce and add the sardines and another slice of toast. Serve with a garnish of lemon.

CHEESE AND TOMATO SANDWICHES

6 slices bread
6 slices tomato
6 slices bacon
Grated cheese

Butter the slices of bread. On each slice, place a slice of tomato, cover with grated cheese, and add a slice of bacon. Toast under the flame of a broiler until the bacon is crisp.

HAM OR BACON AND CHEESE SANDWICHES

Butter slices of toasted bread. Cover with a thin slice of boiled ham or bacon, spread with mustard, and cover with a layer of thinly sliced or grated cheese. Place the slices in the oven until the cheese is melted. Garnish with minced parsley and serve at once.

PEANUT AND CHILI SANDWICHES

Mix peanut butter with chili sauce to form a paste. Spread slices of hot brown bread or toasted graham bread with butter, add the mixture and put the slices together with crisp lettuce leaves between. Garnish with slices of dill pickle.

DEVILED TOMATO SANDWICHES

6 tomatoes
1 cup bread crumbs
4 slices bacon
Salt
Pepper
1 cup ground boiled ham
1 tablespoon French mustard
6 slices bread

Cut a slice from the stem end of each tomato. Sprinkle with salt, pepper and bits of bacon. Bake until the tomatoes are

tender. Serve on slices of hot buttered toast spread with the ground ham mixed with the mustard.

Suggestions for Breakfast Sandwiches

Poached egg on toast is an open-faced sandwich. Rolls split, toasted, and buttered, with broiled tender bacon placed between them, or bacon between crisply toasted slices of well buttered corn bread are other forms of breakfast sandwiches.

Creamed oysters on toast, scrambled eggs on buttered toast spread with anchovy paste, creamed codfish between two slices of buttered toast are all in the breakfast category of sandwiches. To make a variation of French toast that takes it out of the sweet and puts it into the meat class, spread buttered slices of bread with deviled ham, put the slices together in twos, dip them into a mixture of egg and milk in proportion of two eggs to one cup of milk, and then sauté the slices in butter until they are nicely brown on both sides.

Old fashioned country sausage may be cut in thin rounds, fried a delicate brown and served between hot, savory pancakes of the same size as the sausage slices.

Suggestions for Hot Sandwiches

Hot sandwiches should be substantial and filling without losing the chief characteristic of all sandwiches—ease in handling. For this reason rolls and buns are often more satisfactory than sliced bread or toast.

Broiled Hamburger steaks on round rolls are always popular. The meat mixture may be varied by rolling a stuffed olive in each; by adding strips of bacon crosswise after the first turning, or by a slice of Bermuda onion on both sides. Chopped pickles, carrots, celery or radishes may be added to the meat before broiling.

1. Broiled pineapple with sliced hot chicken, hot turkey or hot duck, on whole wheat bread. 2. Broiled ham with a slice of pineapple, either fresh or canned, served on white toast. 3. Sliced roast lamb with grilled fresh pineapple on toasted English muffins. 4. Sliced hard-cooked egg with hot anchovy sauce on Boston brown bread. 5. Hot roast veal with anchovy sauce and grilled tomato on rye roll. 6. Grilled tomato with Cheddar cheese on rye toast. 7. Hot smoked tongue with fried apples on toasted English muffins. 8. Hot corned beef with grilled sweet potato and endive on finger rolls.

TOAST

BREAD for toast should be cut in slices from one-eighth to one-half inch thick and toasted over a clear fire or in a gas or electric toaster until both sides are an even, rich golden brown. Unless a toaster with an automatic timing and turning device is used, the slices should be turned two or three times to avoid warping.

CRISP DRY TOAST

Cut the crust from stale bread. Slice the bread as thin as a wafer, dry it on a pan lined with paper, in the oven, leaving the door open. When it is entirely dry, close the oven door and brown slightly.

TOAST MELBA

Cut bread in one-eighth-inch slices and toast until it is crisp.

BUTTERED TOAST

Toast bread until crisp and a rich brown on both sides. Butter while hot and serve at once.

WATER TOAST

Toast bread until crisp and brown. Pour into a soup-plate one cup boiling water and one teaspoon salt. Dip the toast into this water and remove at once. Spread lightly with butter and serve immediately.

MILK TOAST

No. 1

Toast bread, butter it well, sprinkle with salt and pour scalded milk over it.

No. 2

6 slices buttered toast
2 tablespoons flour
Salt
2 tablespoons butter
2 cups milk

Make a white sauce of the flour, butter, milk and salt and pour it over the buttered toast.

CREAM TOAST

6 slices buttered toast
1 tablespoon flour
1 cup scalded milk
1 cup scalded cream
Salt
1 egg

Make a white sauce of the milk, cream, flour and salt. Pour this hot liquid over the beaten egg. Pour over the toast and serve immediately.

TOMATO CREAM TOAST

6 slices buttered toast
1 cup milk
2 tablespoons flour
⅛ teaspoon soda
2 tablespoons butter
Salt
1 cup tomato, fresh or canned

Make a white sauce of the milk, flour, butter and salt. Cook and strain the tomato and add the soda. Stir the hot tomato into the white sauce and pour immediately over the toast.

FRIED TOAST OR FRENCH TOAST

12 slices bread ½ inch thick
3 eggs
½ teaspoon salt
2 cups milk

Beat the eggs, add the milk and salt. Dip slices of bread into the mixture and sauté in a little hot fat until a delicate brown on both sides. Serve hot. Sprinkle with powdered sugar or serve maple sirup with the toast.

CINNAMON TOAST

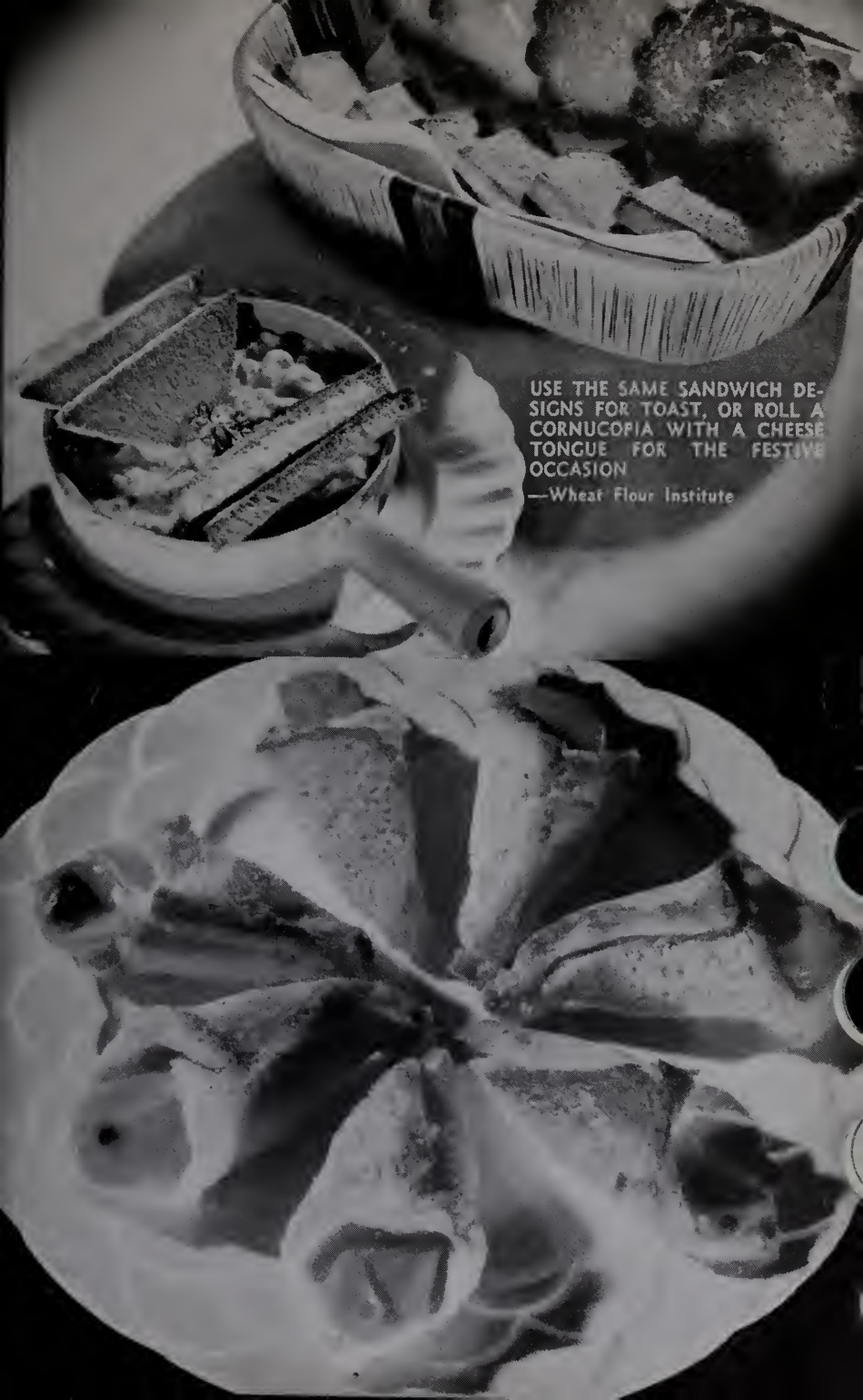
Spread hot toast with butter and sprinkle generously with a mixture of sugar and cinnamon. Place on the top shelf of the oven or under the broiler just long enough to melt the sugar.

TOASTED LOAF AND CORNUCOPIA

Remove all but the bottom crust from loaf of bread. Cut through center, lengthwise, then into equal sections crosswise. Brush with melted butter and brown in 375° oven.

Cornucopia—Remove crusts from sliced bread, lay thick cheese strip diagonally, fold bread to opposite corners, fasten with toothpick, brush with melted butter and brown in moderate oven (350° F.). Remove toothpicks to serve.

TOAST YOUR WHOLE LOAF IN THIS FASHION AND USE THE CRUST FOR AN ENTREE TREASURE CHEST
—Wheat Flour Institute



USE THE SAME SANDWICH DESIGNS FOR TOAST, OR ROLL A CORNUCOPIA WITH A CHEESE TONGUE FOR THE FESTIVE OCCASION

—Wheat Flour Institute

APPETIZERS

STRICT convention in England and America at one time decreed that the formal dinner should begin with soup, but that custom is no longer binding even in the most formal household. Other dishes to introduce the meal have crept in and because of their savory qualities have found ready and general acceptance. Appetizers, they are usually called. Sometimes they are referred to as relishes or as *hors d'œuvres*, because they are often a glorified edition of the old side dish now given a conspicuous place as a separate course by itself.

Characteristics of the Appetizer

The appetizer must have distinct, piquant flavor and appetite-whetting qualities. Pickled and salted foods, acids, pepper and paprika play a conspicuous part in their manufacture. Raw oysters and clams, grapefruit, melons and fruit cocktails, canapés and small sandwiches spread with pastes of sardines, anchovies and caviar, lobster and crabmeat, pâté de foie gras, cheese, olives and other mixtures of high flavor, deviled eggs, small succulent salads, may all be included without prejudice in the list of appetizers. In parts of the United States, the dinner is always begun with the salad as the appetizer.

Serving the Appetizer

The appetizer should always be served in small portions because the purpose of this course is to whet but not to satisfy the appetite.

At formal dinners and luncheons, the same kind of appetizer is generally served to all the guests, but at more informal meals the hostess may give her guests an opportunity to choose their own appetizers. In that case a number of portions of various kinds are arranged on a regulation *hors d'oeuvre* tray or on a chop plate or small platter which is passed to each guest.

Each portion must be arranged so that it may be lifted from the tray by the guest and transferred to his plate without trouble. Suitable service silver—usually a tablespoon and large fork—must be laid on each tray.

The following combination will serve as a suggestion for the arrangement of a tray:

1. A crab salad. 2. An onion and green pepper salad. 3. Three or four olives on a small lettuce leaf. 4. A sandwich made of cress and brown bread and butter. 5. An oblong or square of aspic jelly on a lettuce leaf with an anchovy or sardine on the jelly. 6. Half of a deviled egg on a lettuce leaf or in a bed of cress. 7. Cream cheese balls rolled in chopped chipped beef. 8. Cream cheese balls rolled in caviar. 9. Large stuffed olives filled with sharp cheese, wrapped in bacon and broiled until bacon is crisp. 10. Center celery stalks stuffed with Roquefort cheese paste or anchovy paste. 11. Small sweet pickles rolled in cream cheese then in a strip of smoked salmon, fastened with toothpick. 12. Rolled anchovies in broiled mushrooms. 13. Caviar in broiled mushrooms. 14. Tiny meat balls in broiled mushrooms. 15. Chicken liver balls rolled in chopped chipped beef.

Shell Fish

Oysters or clams on the half-shell, oyster, clam, lobster or crab cocktails may be used as the appetizer. The recipes are given in the chapter on "Fish."

Canapés

PREPARED BREAD FOR ALL CANAPÉS

Canapés are made from stale white bread, cut in quarter-inch slices and then shaped with a cutter into circles two and one-half or three inches in diameter or cut into squares, strips, triangles or other fancy shapes. These portions of bread may then be fried in deep fat and drained on absorbent paper, or sautéd in just enough fat to keep them from burning, or toasted or set in the oven until they turn a delicate brown. When finished they should be nicely browned on both sides. They are then ready to be covered with the mixture preferred.

ANCHOVY CANAPES

6 portions prepared bread
3 tablespoons anchovy paste
3 teaspoons lemon-juice
2 hard-cooked eggs
Whole anchovies for garnish (may be omitted)

Anchovy paste, which comes in tubes, jars or bottles, may be utilized, or whole anchovies may be reduced to a smooth

paste with a wooden spoon. Season with lemon-juice and spread the paste on the prepared pieces of bread. Split anchovy lengthwise and lay the halves diagonally across the canapé, marking the point where they cross by a little pyramid of riced yolk of hard-cooked eggs. Petal-shaped pieces of the hard-cooked white may radiate from this center pyramid. A large anchovy curved around a circle of hard-cooked egg in the center of a canapé is also effective. The anchovies may be omitted from the garnish.

SARDINE OR LOBSTER OR OTHER SEA FOOD CANAPÉS

6 portions prepared bread
6 large sardines or
6 tablespoons lobster or other sea food, chopped fine
Juice of 1 lemon
Salt
Worcestershire sauce
Pickled beets
6 large olives
24 thin slices lemon

Remove skin and backbone and flake the sardines with a fork. Or chop cooked lobster meat very fine. Season with lemon-juice, salt and a few drops of Worcestershire sauce. Spread the prepared bread with the mixture and decorate by placing in the center of each canapé a small circle of pickled beet. Cut a slice from the end of a large olive so that it will stand firmly and place this in the center of the beet. A narrow border of minced beet may be placed around the edge of the canapé with good effect. Garnish the plate with four thin slices of lemon placed symmetrically.

Crab meat, shrimps or any smoked or canned fish, highly seasoned and attractively garnished, may be utilized for canapés instead of the sardines or lobster meat.

CAVIAR CANAPÉS

6 portions prepared bread
3 tablespoons caviar
3 tablespoons white onion chopped fine
Garnish of green pepper or hard-cooked egg

Caviar, which is the salted roe of the sturgeon, is highly esteemed by epicures as an appetizer. It is usually served with minced raw onion and decorated with hard-cooked egg and minced pickles. A favorite arrangement is to have an oblong canapé two by four inches, one half covered with the minced

COLOR PLATE ON OPPOSITE PAGE
COURTESY THE CARNATION MILK COMPANY

raw onion and the other half with the caviar. The striking difference in the colors is very effective. A sliver of green pepper may lie just where the two mixtures meet and little points of the green pepper extend out on each side, or a circle of the white of hard-cooked egg may decorate the center of the half covered with caviar and a little mound of the riced yolk ornament the section covered by the chopped onion.

CHEESE AND OLIVE CANAPÉS

6 portions prepared bread
3 tablespoons cream cheese
Olives stuffed with pimientos
Garnish of red pepper or pickled beet

Spread on the prepared bread a paste made by mixing equal proportions of cream cheese and chopped stuffed olives. Garnish with a quarter-inch border of the chopped olives and a star of red pepper or pickled beet in the center of each canapé.

PÂTÉ DE FOIE GRAS CANAPÉS

6 portions prepared bread
3 tablespoons pâté de foie gras paste or imitation pâté de foie gras
¼ cup cream
Cayenne pepper
Salt
Parsley

Add the cream and seasoning to the paste. Rub through a fine sieve and spread on portions of fried bread. Garnish with parsley.

Imitation Pâté de Foie Gras

½ cup chicken livers
2 tablespoons chicken fat or butter
¼ onion, chopped
Salt and pepper
Mustard or celery salt

Carefully clean, cook and chop chicken livers and mash them to a paste with a wooden spoon. Chop the onion fine and fry in the fat till yellowed. Place the livers, the fat and the onion in a cup, mix well and season with pepper and salt, and either mustard or celery salt, according to taste. Place at once on ice. This preparation makes excellent sandwiches.

Suggestions for Mixtures to Be Used in Making Canapés

1. Anchovy paste mixed with lemon-juice.

2. Shredded tuna fish mixed with lemon-juice and mayonnaise.

3. Chopped lobster meat mixed with cream and seasoned with salt, pepper and lemon-juice.

4. Cream cheese and chopped stuffed olives.

5. Minced red and green peppers mixed with mayonnaise and seasoned with salt, pepper and lemon-juice.

6. Sardine paste mixed with lemon-juice, salt and Worcestershire sauce.

7. A layer of anchovy paste covered with a paste of shredded crab meat, cream cheese and butter, seasoned with salt and pepper.

8. Devilled ham mixed with chopped hard-cooked egg and horseradish.

Fruit Appetizers

Fruit cocktails may be made from mixtures of almost any fruits, canned or fresh. As a rule, combinations of a sweet and a sour fruit are most piquant in flavor. All fruit appetizers should be thoroughly chilled. The trays of the mechanical refrigerator are excellent for this purpose.

GRAPEFRUIT COCKTAILS

No. 1—Grapefruit on the Half Shell.

Cut grapefruit in half, crosswise. With a pair of sharp shears or with a grapefruit corer, cut a circular piece from the center of each half, being careful not to cut through the skin. Then with a sharp knife loosen each section from the membrane and skin. Sprinkle with sugar and set in the refrigerator to chill. Pink the edges of the skin if you prefer, and remove the pieces of membrane between the sections of fruit if you have time. In this way the shell is left with only edible portions of the fruit. In any case each mouthful of fruit should be entirely detached from the shell. Serve a half grapefruit on a plate or in a special grapefruit glass, embedded in ice.

No. 2—Grapefruit and Orange Cocktail.

1 cup diced grapefruit pulp
1 cup diced orange pulp
Sugar
Lemon-juice or grape-juice
Maraschino cherries or preserved pineapple

Mix the orange and grapefruit pulp. Sprinkle with sugar and a little lemon-juice or grape-juice. Chill, and have glasses chilled so that the whole, when served, may be very cold. At the last moment fill the glasses with the fruit mixture, garnishing with cherries or preserved pineapple.

No. 3—Grapefruit and Strawberry Cocktail.

3 grapefruit
Sugar
1 pint strawberries

Cut the grapefruit in half and carefully remove the pulp, leaving the inner white skin as lining. Place the shells in cold water to keep them firm. Mix the grapefruit pulp with the strawberries and sprinkle with sugar. Chill. At serving time, fill the shells with the mixture placing large handsome berries on top as garnish. The mixed fruit left over may be served at breakfast or used as a sauce for pudding or ice-cream.

STRAWBERRY AND PINEAPPLE COCKTAIL

1 cup orange-juice
⅓ cup lemon-juice
1 cup diced pineapple
Sugar
1 cup strawberries

Combine the orange- and lemon-juice sweetened to taste, keeping the mixture rather tart. Chill. Wash and drain the strawberries and hull them. At serving time cut the berries in half (except six large ones), mix with the pineapple, place in glasses and cover with the fruit-juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

ORANGE MINT COCKTAIL

6 small, rather sour oranges
Powdered sugar
Fresh mint
3 tablespoons lemon-juice or
3 tablespoons pineapple-juice
2 tablespoons sugar

Separate the orange into sections and remove the thin skin with a pair of scissors. Chill thoroughly, place in glasses, sprinkle with powdered sugar and add the lemon-juice mixed

with pineapple-juice or sugar. Sprinkle with chopped mint and garnish with an upright sprig of mint in the center of the glass.

WATERMELON COCKTAIL

2 cups watermelon balls
Fresh mint
Powdered sugar
2 tablespoons lemon-juice
(Lemon-juice and sugar may be omitted)

With a vegetable-cutter prepare small balls of bright pink watermelon. Sprinkle lightly with sugar and add lemon-juice. Chill thoroughly. Fill glasses. Garnish with sprigs of fresh mint. A pretty fancy is to moisten the edge of each cocktail glass and invert in chopped mint before filling. This will leave a line of green adhering to the edge of the glass. The glass may be lined with sprigs of mint before the watermelon is put in.

CHERRY COCKTAIL

1 pound cherries
½ cup chopped almonds
3 teaspoons lemon-juice
6 tablespoons strawberry-juice
6 tablespoons powdered sugar

Pit the cherries, sprinkle with chopped almonds and pour over them a sirup made by mixing strawberry-juice with powdered sugar and lemon-juice. Chill and serve ice-cold in cocktail glasses. Decorate the plate with two or three whole cherries and a leaf or two.

MIXED FRUIT COCKTAIL

6 large oranges
1 banana
2 slices pineapple
Juice of 1 lemon
Sugar

Slice off the tops of the oranges and scoop out the inside, being careful not to break the inside white skin of the orange-peel. Put the orange cups into a bowl of ice-water. Cut in small pieces the banana and pineapple, mix these with the orange pulp cut in small pieces, add the lemon-juice, sweeten to taste, and fill the orange shells. Set each one in a small bowl, filled with crushed ice.

The mixed fruit pulp that remains after the orange skins have been filled may be kept in the refrigerator and served as sauce with ice-cream or used in any other way that circumstances suggest.

VARIETY IS NOT ONLY THE SPICE BUT THE VERY LIFE OF A TRAY OF CANAPES, HORS D'ŒUVRES OR APPETIZERS

—John F. Jelke Company

FOR THE HOSTESS WHO
WOULD DEVELOP A SPE-
CIALITE DE LA MAISON
HERE ARE BACON-
OLIVE-CHEESE, CREAM
CHEESE COATED IN
CHIPPED BEEF, OR THE
INDIVIDUAL CHECKER-
BOARD LOAF

-Kraft-Phenix Cheese
orporation
—Wheat Flour Institute

SOUPS

SOUPS may be roughly divided into two groups. In the first group belong the soups that are always made from meat stock. These are the various modifications of brown and white stocks, bouillons, consommés and broths. In the second group belong the soups that may be made either with or without meat stock. These are the various modifications of cream soups, purées and bisques, of chowders and stews and of vegetable soups.

The Value of Soup in the Dietary

The purpose of soup in the meal is two-fold; first, to improve digestion and stimulate appetite by introducing at the beginning of the meal a highly flavored liquid food which increases the flow of digestive juices; second, to increase the variety of nutrients in the meal, or even to furnish the main dish of the meal. Stock soups are chiefly valuable for the first purpose. Cream soups, purées, bisques, chowders and stews are more valuable for the second purpose.

A heavy meal should begin with an unthickened stock soup; a light meal may well begin with one of the cream variety.

Home Made and Ready to Use Soups

Not so long ago, all soups were made at home, and the stock pot was kept on the stove day in and day out; but with the gradual change from coal to gas and electricity as fuels, and with the perfecting of modern commercial canning and condensing methods, the long slow process of stock making has become less common in home kitchens.

However, in soup many valuable food materials that would otherwise be thrown out may be saved for the nourishment of the family, and some knowledge of the principles of soup making is worth while for every housekeeper. A home made soup which is lacking in strength or flavor may be easily improved by the addition of a can of soup or some of the various meat extracts obtainable.

For the small family, the canned soups are almost indispensable, and in the making of sauces and gravies, where only a small amount of stock is required, a can of soup supplies the required foundation at a minimum of trouble and expense.

Making Soup Stock

Cut Meat in Small Pieces and saw or crack bone. This is done to increase the surface exposed to the action of hot water.

Brown From One-fourth to One-half the Meat for brown stocks and consommés. This gives added color and improves flavor.

Soak the Meat and Bone in Cold Water for thirty minutes or more before cooking. This helps to extract the juices of the meat.

Heat Gradually to the Simmering-point (190°-210° F.). If stock is to be used for bouillon or consommé or any clear soup, skim at this time. Continue to simmer for three or four hours to insure as complete extraction as possible of the juices and flavor of meat. If the mixture boils, it is not so fine in flavor.

Add the Spices, Herbs, and Vegetables, and continue simmering from one-half hour to one hour. The seasonings are added at this time rather than earlier to prevent the disagreeable flavor of over-cooked vegetables.

Strain the Soup Into a Large Bowl or other container. If the stock is to be used for clear soups, place several thicknesses of cheese-cloth over the strainer before pouring the mixture through it.

Cool the Stock Quickly, because quick cooling improves the keeping quality of the soup. Soup should, if possible, always be allowed to become thoroughly cold before being used, since the fat hardens and collects in a cake on top and can be removed easily. Do not remove fat from the top of soup stock until the stock is to be used. It protects the stock against spoilage.

Keep Stock in a Cold Place, as it spoils quickly if it is not kept chilled. Spoiled stock, like spoiled meat, is dangerous food.

Using Soup Stock

When ready to use stock, loosen fat around the edges with the thin blade of a knife. Remove the cake of fat. If the stock is jellied, wipe off the remaining small pieces of fat and the edge of the bowl with a cloth wrung out in hot water. If the stock is very soft or liquid, pass small sheets of absorbent paper over the top of the stock.

When Stock Must Be Used Before Cooling, skim off all the fat possible. Most of the remainder of the fat may be removed in one of two ways. The first way is to pass over the top small sheets of absorbent paper or blotting-paper. The second way is to cool the soup as much as possible beforehand, then to wrap a piece of ice in a cloth and let it down into the stock. Move the ice around just below the surface so that the fat on the surface is suddenly chilled, and it will gather on the cloth around the ice. This must be done quickly to prevent unnecessary dilution of the stock.

For Clear Soups, take the stock from the top of the bowl, being careful to avoid any sediment which may have escaped through the sieve and settled to the bottom of the bowl. This sediment is valuable as a food and should be reserved for gravies or soups which are not necessarily clear. Clarify this stock if a translucent, sparkling soup is desired.

To Clarify Soup—Allow one egg-white and shell to one quart of stock. Crush the shell into small pieces and mix with the slightly beaten egg-white. Heat the stock just enough to liquefy it, if it is jellied. Thoroughly stir the egg-white and shell into the stock. Heat to the boiling-point, stirring constantly, then boil without stirring two to five minutes. Add a cup of cold water and set on back of stove to settle. Strain through two thicknesses of cheese-cloth. The purpose of egg in clarifying soup is the same as in coffee. The coagulated egg gathers around itself the particles of solid substance in the soup, which otherwise would be fine enough to pass through a strainer.

INGREDIENTS NEEDED TO MAKE ONE QUART OF STANDARD STOCK

Brown Stock or Bouillon.

- 2 pounds beef (¼ to ½ bone)
- 1¼ quarts cold water
- 4 to 6 peppercorns
- 2 cloves
- 1 bay-leaf
- 1 blade mace
- 1 teaspoon sweet herbs
- Sprig parsley
- 1 tablespoon, each, of carrot, onion, celery, turnip
- 1 teaspoon salt

A good stock can be made by using left-over meat scraps and bones instead of the beef specified, and by substituting any available vegetables, such as the outer leaves of lettuce, celery tops, etc., for those given above. After the stock is made, left-over vegetables, cereals, hard-cooked eggs, small pieces of meat, etc., may be diced or chopped and served in the soup.

Consommé.

- 1 pound lean beef
- 1 pound veal
- 1¼ quarts cold water or
  1 pint cold water and
  1 pint chicken stock
- 2 peppercorns
- 1 clove
- ½ teaspoon sweet herbs
- Sprig parsley
- 1 tablespoon each, celery, carrot, onion
- 1 teaspoon salt

Mutton or Lamb Stock or Broth—Use the same ingredients as for brown stock or bouillon, using mutton or lamb instead of beef, and removing most of the fat from the meat.

White Stock.

- 2 pounds chicken or knuckle of veal
- 1¼ quarts cold water
- 2 peppercorns
- 1 clove
- ½ teaspoon sweet herbs
- 1 tablespoon, each, of onion and celery
- 1 teaspoon salt

The liquid in which a fowl or chicken is cooked is also a white stock or chicken broth.

Fish Stock or Court Bouillon.

2 pounds white fish or 2 pounds head and trimmings
1¼ quarts cold water
2 peppercorns
1 clove
Sprig parsley
1 bay-leaf
1 tablespoon, each, carrot, celery, onion

Fish stock needs to be cooked for only half the time required for other stock.

VARIATIONS OF BROWN OR WHITE SOUP STOCK

Vegetable Soup—If a clear soup is desired, follow the directions for clarifying soup stock, and then add, to each quart of brown stock, one cup of diced vegetables, raw or cooked. If the vegetables are cooked, the soup needs to be boiled for only a few minutes. When raw vegetables are added, simmer until the vegetables are all tender, adding boiling water, if necessary, to replace any that may have evaporated. Season to taste and serve.

Sago, Rice or Barley Soup—For each quart of brown or white stock, use two tablespoons sago, rice or barley. Soak sago or rice one-half hour in enough stock or water to cover it. Barley should be soaked over night. Bring remainder of stock to simmering-point. Add soaked sago, barley, or rice and simmer in closed saucepan one-half hour.

Macaroni, Vermicelli, Spaghetti, or Noodle Soup—For each quart brown stock, use ¼ cup macaroni, spaghetti, vermicelli or noodles broken into small pieces. Simmer the pastes in the stock until tender, adding water if necessary.

VARIATIONS OF CONSOMMÉ

Consommé Princesse—Consommé served with shreds or small dice of cooked chicken and green peas.

Consommé a la Royale—Consommé served with tiny blocks of royal custard.

Consommé Julienne or Julienne Soup—Consommé served with carrot, onions, turnips and celery cut into shreds about as thick as a match.

The vegetables should be boiled in clear water before being added to the consommé.

Unthickened Soups

Soups suitable for serving as the first course of a meal with a substantial main course are found in this group. Any of the variations of soup stock or consommé may be used for this purpose. The following recipes give directions for other soups of this variety.

CHICKEN OR TURKEY BONE SOUP

Never discard the bones of turkey or chicken as they always will make a delicious soup. Scrape the meat from the bones, break the bones, pack in a kettle, and cover with cold water, adding a small onion. Cover closely and simmer very gently for three hours. Strain and cool. One-half hour before it is to be served, return to the fire and for every quart of stock add one cup of the cold meat, season and keep hot till needed. This soup may be greatly improved by adding to it, three minutes before serving, ten oysters to each quart of soup.

CLAM BROTH

12 clams in the shell 2 cups water Paprika

Purchase large clams in the shells. Scrub them thoroughly with a brush, place them in a kettle with cold water, closely covered, and bring water to the boiling-point. As soon as the shells have opened, remove them from the broth. The clams may be served at once, in the half-shell, or taken from the shells and kept to be served in any form desired. Let the broth settle, strain, being careful not to pour out the sandy sediment, reheat, add a little red pepper or paprika, and serve hot. Twelve good-sized clams should make enough broth for six persons, but if there does not seem to be sufficient, add a little boiling water or milk. Clam broth seldom needs added salt. Water wafers heated in the oven, or divided crackers toasted on their broken surfaces, buttered and heated for a few minutes in the oven, are generally served with this broth.

Clam broth may be served, hot or cold, in cups with a heaping teaspoon of whipped cream, into which has been beaten a little salt and pepper, placed upon the top of each cup. The cream adds richness to the flavor of the soup and increases its nourishing properties.

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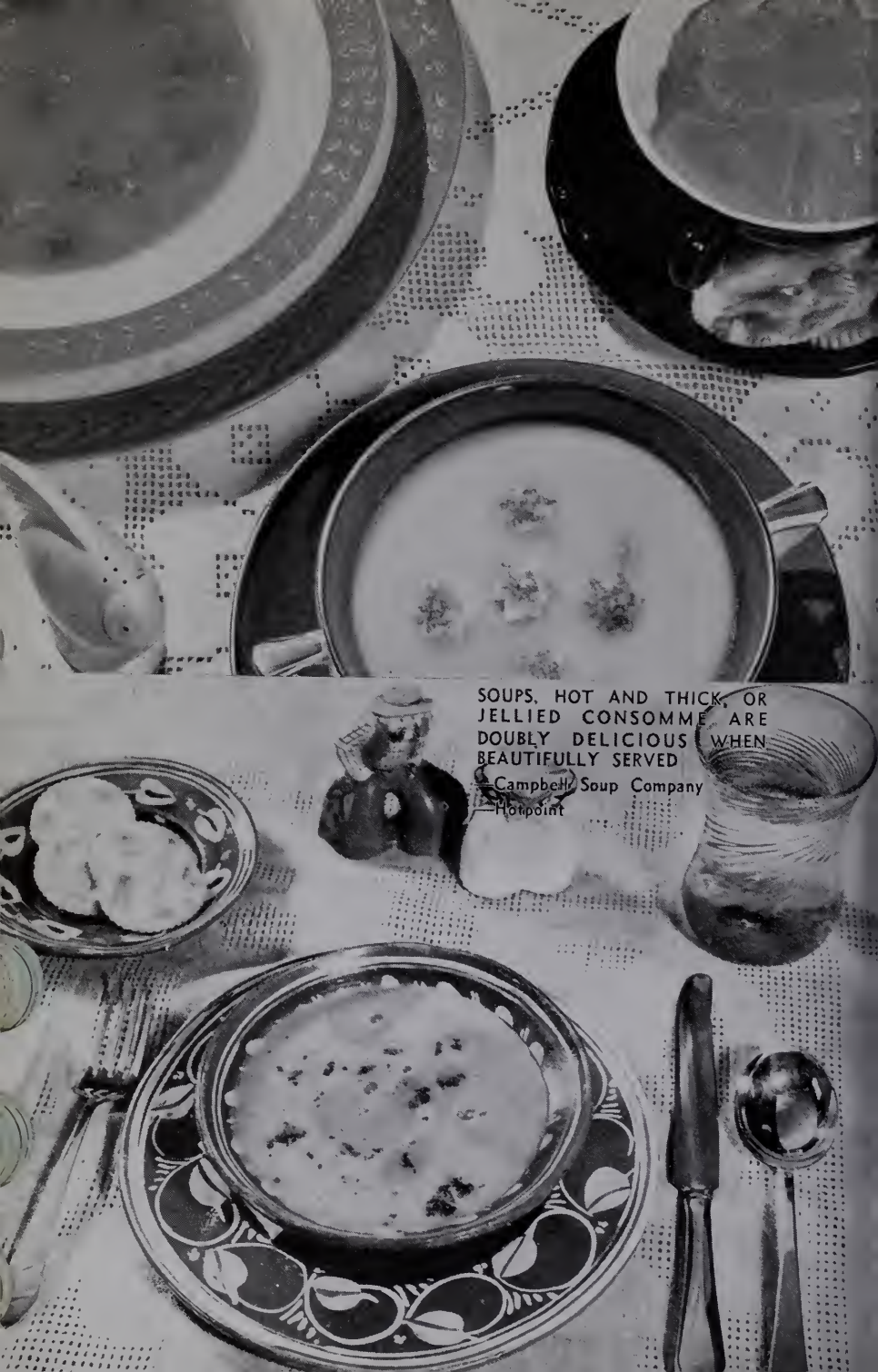
—Irradiated Evaporated Milk Institute


SOUPS, HOT AND THICK, OR JELLIED CONSOMME, ARE DOUBLY DELICIOUS WHEN BEAUTIFULLY SERVED
Campbell Soup Company
Hotpoint

CLEAR TOMATO SOUP

1 quart brown soup stock
1 can tomatoes
½ teaspoon peppercorns
1 small bay-leaf
3 cloves
3 sprigs thyme
4 tablespoons butter
2 sprigs parsley
¼ cup each, onion, carrot, celery, raw ham, cut in dice
Salt Pepper

Cook onion, carrot, celery, and ham in butter five minutes. Add tomatoes, peppercorns, bay-leaf, cloves, thyme and parsley, cover and cook slowly one hour. Strain carefully, add hot stock, and season with salt and pepper.

This recipe may be used for jellied soup or for salad.

JELLIED SOUP

1 quart clear brown, or white stock, or tomato or chicken soup
2 tablespoons gelatin
½ cup cold water

Soften the gelatin in the cold water, add to the boiling hot soup, chill and serve in cups. The trays of the mechanical refrigerator are excellent for chilling soups.

Substantial Vegetable and Stock Soups

Soups in this group are suitable for serving as the first course of an otherwise light dinner or as the main course of an informal luncheon.

BEAN SOUP

3 slices bacon
2 cups baked or boiled beans
4 cups cold water
1 tablespoon flour
1 tablespoon butter
Salt, pepper, paprika

Cook bacon. Add to beans. Add cold water and cook until beans are soft, then rub through a strainer. Place on the fire and add a little more water, if needed, as the soup must not be too thick. Bind with the flour and butter. Cook two or three minutes. Season with salt, a dash of pepper, and paprika.

BLACK BEAN SOUP

1 cup black beans
1½ quarts water
1 onion
1 tablespoon fat for sautéing
2 stalks celery
1 lemon
2 tablespoons butter
2 tablespoons flour
2 hard-cooked eggs
½ teaspoon mustard
Pepper, salt, paprika

Soak the beans over night. Next morning, drain them and cover with the cold water. Add sliced onion, which has been browned in the fat, also stalks of celery broken into inch pieces. Simmer until beans are soft, adding more water from time to time. Press through a sieve, again bring to the boiling-point, and then add seasoning of mustard, pepper, salt, and paprika to taste. Bind with roux of butter and flour to prevent the soup from separating. Cut the eggs and lemon in thin slices, and add these to the strained soup just before serving.

BORSCHT

(A Famous Russian Soup)

1 bunch beets
1 cup tomatoes, fresh or canned
4 cups water
1 small onion
½ pound breast of beef
1 tablespoon lemon-juice
¼ cup sugar
¼ teaspoon salt
4 eggs

Pare the beets and cut them into long strips. Strain the tomatoes, over the beets, not letting any seeds through. Add water. Put in the onion and meat, cut into small pieces, and simmer for thirty minutes. Add lemon-juice, sugar, and salt. Boil one-half hour more. Beat the eggs with a pinch of salt. Add the hot borscht to this, a little at a time, stirring well to prevent the separating of the eggs. This will behave more or less as in any soft custard mixture. Serve at once, while very hot.

BOUILLABAISSE

This is a famous fish mixture and greatly esteemed by epicures, but it can not be recommended as economical. It has one advantage, however, and that is that if served with celery, bread and butter, and a dessert, it would provide the main dish for an excellent meal.

½ cup oil
2 onions, chopped
1½ pounds haddock
1½ pounds cod or halibut
2 slices lemon
1 bay-leaf
1 tomato
1 quart boiling water
12 oysters or clams
1 tablespoon parsley, chopped
1 boiled lobster
1 teaspoon caramel coloring
1 teaspoon salt Pepper
Croutons

Put the oil and chopped onions into a large fish-kettle and cook until the onions are brown. Add the fish, cut in slices, two slices of lemon, a bay-leaf and the tomato, peeled and cut into quarters. Pour the boiling water over this mixture after it has simmered for ten minutes, and let all boil for another ten minutes. Skim, add oysters or clams and chopped parsley, also the meat of the boiled lobster, cut in large pieces, and caramel, salt, and pepper. Each portion served should include a large crouton, about two inches square, a piece of each kind of fish, a piece of lobster, and a couple of oysters.

CHICKEN GUMBO

This recipe, if followed as given, will provide the main dish for dinner. Chicken gumbo may be made by using leftovers, or the remainder after making chicken salad or boned chicken.

1 fowl (3 to 4 pounds)
½ cup salt pork fat
1 onion
1 quart okra, fresh or canned
5 tomatoes
1 cup cream
2 sprigs parsley
3 cups boiling water
½ teaspoon pepper
2 tablespoons salt
1 cup boiled rice

This is a noted Southern soup. Cut the chicken into convenient pieces and sauté until brown in salt pork fat, then place all the pieces in a saucepan. Cut a large onion into thin slices and sauté slowly for ten minutes in the fat. Add okra, cut fine, sliced tomatoes, and parsley sprigs. Sauté all of these ingredients one-half hour, quite slowly, and place them in the saucepan with the chicken. Add boiling water, pepper and salt. Simmer slowly two to four hours, or until the chicken is very tender, and then add boiled rice and cream. If more seasoning is needed, add it, and if necessary, thin with boiling water. Boil up once and serve. Cayenne pepper (one-fourth teaspoon) may be used instead of white or black pepper, if desired. Separate the bones from the chicken. Serve with pieces of chicken in the plate with the soup.

CHICKEN SOUP

This recipe provides a large bowl of substantial soup, as well as a cooked fowl, and when the soup is served the rest of the dinner should consist of light dishes. For more economical recipes see Index for chicken or turkey bone soup, and chicken broth for invalids.

1 fowl (3 to 4 pounds)
½ pound ham
1 onion
2 to 3 quarts water
¼ cup rice
1 cup milk
1 tablespoon chopped parsley
Salt and pepper
1 tablespoon flour
1 tablespoon chicken fat

Cut up fowl into quarters, with the ham and onion, and add the water. Let this simmer until the meat is very tender, then strain, reserving the meat to be used in any way desired. Remove all possible fat, and to one and one-fourth quarts of this soup (the remainder can be used for sauce with the meat) add well washed rice, chopped parsley, salt and pepper. Simmer until the rice is tender, add milk, then add roux made of flour and chicken fat. Cook until the mixture is thickened (about five minutes), season and serve.

GREEN PEA SOUP

2 cups stock
1 quart water
1 quart green peas
1 celery stalk
1 onion
1 turnip
2 sprigs mint
1 tablespoon flour
1 tablespoon butter
Salt and pepper
Sugar

Reserve one-half cup of peas, and to the stock and water add the rest of the peas, the celery stalk, onion and turnip cut into pieces, and the mint. Stew until the mass is tender. Strain through a sieve or coarse cheese-cloth. Thin with stock or water, if necessary; bind with a roux of flour and fat and season with salt, pepper, and a little sugar. Add the half cup of whole peas, stew for a few minutes, and serve.

SPLIT PEA SOUP

This recipe provides the main part of a dinner, since the ham end will serve as the meat dish. A ham bone, left over

from a boiled or baked ham, will flavor pea soup quite as well as a piece bought especially for the purpose.

2 or 3 pounds ham end
1 carrot
1 onion
2 potatoes
3 quarts boiling water
1 cup split peas
Salt and pepper
2 tablespoons catchup

Put the end of a moderately lean smoked ham into a kettle with carrot and peeled onion, whole potatoes, and boiling water. Boil one hour and strain. Now rinse the ham thoroughly in hot water and return to the strained stock, together with split peas which have been soaking all night, and boil for one hour. Season with salt and white pepper and add catchup. Serve at once. Thin with boiling water if too thick.

ONION SOUP GRATINE

3 onions
3 tablespoons butter
3 pints beef stock
3 tablespoons grated cheese
Pepper and salt
⅛ clove garlic (if desired)
2 tablespoons chopped parsley
¼ loaf French bread

Slice onions and put them into a stew-pan with butter. Stir and fry slowly until softened and slightly browned. Add beef stock, boil ten minutes, skim, season, and add parsley and garlic. Cut the bread into thin slices, dry in the oven a few minutes, pour soup into a low earthen casserole, put bread on top, sprinkle with grated cheese, and set in a very hot oven (450°-500° F.) just long enough to brown the cheese.

ONION STEW OR DUTCH BROTH

6 onions
5 tablespoons butter
3 cups cold water
1 egg-yolk
3 tablespoons flour
2 cups scalded milk
Salt and cayenne

Chop the onions and cook them in two tablespoons of the butter for five minutes, then add water and cook thirty minutes. Press through a sieve. Make a roux of the remaining butter and the flour, combine it with the scalded milk and add seasoning. Cook five minutes, stirring constantly. Add this milk mixture to the onion mixture. Mix thoroughly and add the egg-yolk, slightly beaten. Serve individually in Dutch bowls and place one teaspoon of grated Edam cheese on the top. Set for a few minutes in a hot oven to melt the cheese.

Thick Soups, Chowders and Stews

Cream Soups

Cream soups are made by combining a very thin white sauce, see page 308, with a suitable quantity of cooked, mashed, strained vegetable, fish or meat pulp. Irradiated evaporated milk used instead of white sauce will greatly increase the food value and when used for making white sauce will increase the flavor. Flavor is improved, too, by the use of some highly flavored vegetables or the addition of a proportion of soup stock.

Purées

Purées are made in the same way as cream soups, but are somewhat thicker. They are often served under the name of "Cream Soup."

Bisques

The name bisque is usually given to a cream soup made from fish, and the fish is often diced or mashed through a coarse strainer. A familiar example of an exception in the use of the word is mock bisque soup, or tomato bisque, as it is often called.

Chowders

Chowders were probably the common ancestors of the more refined cream soups, purées, and bisques. The word chowder comes from the French *chaudière*, meaning caldron. The chowder originated as a community fish stew to which each neighbor contributed something; milk, fish, potatoes, crackers, pork or some seasoning. These contributions were all cooked together in the common caldron, from which chowder derives its name, and each contributor withdrew his share of soup when it was ready.

The chowder of today is much the same as the old chowder, and consists of pieces of different vegetables or of fish and potatoes and various seasonings cooked in milk with crackers added just before serving.

Fish Stews

Fish stews are made of milk and the juice of the fish which gives flavor to the soup. They differ from the cream soups in

that they need not be thickened, though they often are, and from the chowders in being less complex in composition.

Binding Thick Soups

When a vegetable, meat or fish pulp is combined with milk or stock in making soups, they separate and the solid substance sinks to the bottom of the liquid. Some flour or corn-starch cooked into the mixture will overcome this. With many of these soups the reason for using the flour or corn-starch may not necessarily be to thicken a soup which the vegetable, meat or fish pulp has already made thick enough, but to blend the liquid with the solid so that all parts of the soup will have the same consistency.

Flour or corn-starch may be mixed with enough cold liquid —milk, water, or stock—to make a creamy thickness and added carefully to the soup; or it may be combined with the soup by means of a roux (see Index). When a colored roux is desired the fat is browned before the flour is added and the mixture is cooked to a reddish brown color. When a roux is made in this way, the liquid is usually added to it gradually.

Preventing Skin on Cream Soups

A cream or milk soup has a tendency to form a skin on the top as it cools. If it is beaten just before it is served, the froth protects it against skin formation.

A spoonful of whipped cream or beaten egg-white served on top of each portion of cream soup aids in preventing the skin formation and adds to the delicacy and attractiveness of the dish.

DIRECTIONS FOR MAKING A STANDARD CREAM SOUP

4 cups milk or part milk and part stock
2 tablespoons flour
2 tablespoons fat
2 cups vegetable pulp or meat or fish pulp
Salt, pepper, other seasonings

1. Make a white sauce of the liquid, flour, and fat.
2. Cook the vegetables or meat or fish until tender, drain, and mash through a sieve.

3. Combine the vegetable, meat, or fish pulp with the white sauce.

4. Season, beat with an egg-beater, and serve. A tiny portion of whipped cream or beaten egg-white may be served on top of each portion.

The amount of flour may be increased for purées and bisques.

VARIATIONS OF CREAM SOUP

Cream of Asparagus or Cream of Celery Soup—Follow directions for making a standard cream soup.

Cream of Corn Soup

5 cups corn, canned or fresh
5 cups milk or part milk and part white stock
2 tablespoons flour
2 tablespoons butter
Salt and pepper
2 egg-yolks

Put the corn into a double boiler with one quart of the milk and cook for twenty minutes. Make a white sauce of the milk and corn, flour, and fat, add salt and pepper and cook five minutes. Rub the soup through a strainer, beat the yolks of the eggs well, and add to them the remaining cup of cold milk; stir this mixture into the soup, cook for a minute or two, stirring constantly. Beat and serve at once.

Cream of Mushroom Soup

¼ pound mushrooms (or skin and stems of ½ pound)
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 pint milk

Brush, wash and skin the mushrooms. Put the skins to simmer in a little water. Cut the mushroom caps and stems into very small pieces; add one pint of water and simmer until tender. Make a sauce of the fat, flour, salt and milk and add the water in which the mushroom caps, stems and skin were cooked.

Cream of Onion and Potato Soup

3 cups scalded milk
1 cup potato water
2 tablespoons flour
2 tablespoons butter
4 medium potatoes
4 onions
1 tablespoon chopped parsley
Salt and pepper

Boil the potatoes and onions together, until tender. Drain. Save the water and rub the vegetables through a coarse strainer.

Make a white sauce of the liquid, flour, and fat and combine with the potato and onion pulp. Season with chopped parsley, salt and pepper. Beat with an egg-beater and serve with croutons.

Cream of Pea Soup—Follow directions for making a standard cream soup, but keep one cup of the cooked peas whole and add them to the soup just before serving.

Cream of Spinach Soup—Follow directions for making a standard cream soup.

Cream of Tomato Soup

1 quart milk or half milk and half white stock
2 tablespoons flour
2 tablespoons butter
1 pint tomatoes
Salt and pepper
¼ teaspoon soda

Make a white sauce of the liquid, flour, and butter. Cook the tomatoes until tender, and mash through a coarse sieve. Just before serving, add the soda to the tomatoes and gradually add the tomatoes to the white sauce, stirring constantly. Season and serve at once. If soup begins to curdle, beat thoroughly with egg-beater.

Purées

PURÉE OF ONION

3 large or 6 small onions
2 cups white stock
2 cups milk
2 or 3 tablespoons flour
2 or 3 tablespoons butter or other fat
Salt and pepper
1 tablespoon chopped parsley

Make a white sauce with stock, milk, flour, and butter. Cook onions in water until very tender. Drain, and rub through a sieve. Combine onion and sauce. Season with salt, pepper, and chopped parsley. Beat with egg-beater and serve.

Use three tablespoons flour when increased thickness is desired.

FISH PURÉE

1 quart milk
1 small onion, minced
4 tablespoons flour
4 tablespoons butter or other fat
2 cups cooked fish
Salt and pepper

Scald the minced onion in milk. Make a white sauce of the

milk, flour, and butter. Rub the cooked fish through a sieve. Combine the fish and sauce. Season and serve.

PURÉE OF PEAS AND TOMATOES

½ pound dried yellow split peas
1 pint tomatoes
1 quart water
1 onion
1 or 2 celery tops
Salt and pepper
1 tablespoon flour
1 tablespoon butter

Soak peas over night in water enough to cover them three or four inches. Drain, and put into a saucepan with the tomatoes, water, sliced onion, and celery tops. Cook until the peas are tender. Mash through a sieve. Season with salt and pepper. Bind with a roux made of the flour and butter, and serve, garnished with a thin slice of tomato or lemon and a few canned peas if available. Serve with bread croutons.

SPLIT PEA OR LIMA BEAN PURÉE

1 cup split peas or dried lima beans
2 quarts water
1 tablespoon flour
1 teaspoon onion-juice
2 tablespoons butter or other fat
Salt and pepper
Celery salt

Soak peas or beans all night, then put them over the fire with water and bring to a boil. Cook slowly, until soft. Rub through a sieve, heat, and thicken with roux of flour and fat. Season with salt, pepper, celery salt, and onion-juice. Stir or beat until smooth and serve with croutons.

Cold Fruit Purées

In hot weather, cold fruit purées are sometimes preferred to hot soups. They are always served in cups, usually of glass, and with a few pieces of the fruit floating on the surface. They should be thoroughly chilled. The trays of the mechanical refrigerator are excellent for this purpose. These fruit purées are really as closely related to the appetizers as to the soups.

CHERRY PUREE

Juice from 1 quart of tart cherries, freshly stewed or canned
2 teaspoons arrowroot
Grated rind of 1 lemon

Heat the juice from the cherries. Add arrowroot moistened with cold water, stirring the mixture rapidly to prevent the forming of lumps. Flavor with the grated lemon-rind. Serve very cold, with a whole cherry floating on each portion.

ORANGE PURÉE

2 cups orange-juice
1 teaspoon corn-starch
2 tablespoons cold water
½ cup sugar
1 teaspoon grated orange-rind

Place orange-juice in saucepan and when it is thoroughly heated add the corn-starch mixed with the cold water. Cook slowly until clear. Add sugar and grated orange-rind. Serve ice-cold in glass sherbet cups.

RASPBERRY PURÉE

½ cup granulated tapioca
6 cups water
½ cup currant-juice
2 cups raspberries
Sugar

Boil tapioca in water and currant-juice. When tapioca is transparent, add raspberries and sugar to taste. Set aside to cool. Serve ice-cold in sherbet-glasses.

Bisques

BISQUE OF CLAMS

24 clams in the shell
2 cups rich milk or white stock or part of each
1 tablespoon butter
1 tablespoon flour
2 cups water
1 tablespoon chopped celery
1 teaspoon chopped parsley
Salt and pepper

Make a white sauce of the milk, flour, and butter. Scrub the clams thoroughly, then pack into pot with a tight-fitting lid, using ½ cup water to steam. When all have popped open,

remove, cool in their own liquor. Detach clams from shells, put through food chopper and add strained liquor. Add water, chopped celery and parsley and cook ten minutes. Press through a sieve and add to the white sauce. Season, beat with an egg-beater, and serve.

BISQUE OF LOBSTER

1 medium-sized lobster
1 quart milk
4 tablespoons butter
4 tablespoons flour
1 cup cold water
Red pepper
Salt and pepper

Make a white sauce of the milk, flour, and butter. Remove meat from freshly boiled lobster. Reserve the coral and the green fat. Put the cold water into a kettle and add the broken claws and shell and the finely chopped tail meat. Bring to the simmering-point and simmer for twenty minutes. Drain, and stir into the white sauce. Add the remainder of the lobster meat, cut in dice. Season with salt, pepper, and cayenne. Just before serving, add the coral mashed to a paste with the green fat. Mix thoroughly, reheat, and serve with croutons.

BISQUE OF OYSTERS

1 pint oysters
2 cups milk
1 cup stale bread-crumbs
1 tablespoon flour
1 tablespoon butter
2 cups water
1 slice onion, chopped fine
1 stalk celery, diced
1 stalk parsley, chopped fine
1 bay-leaf
Salt and pepper

Scald the milk, add the bread-crumbs and cook in a double boiler for twenty minutes. Rub through a sieve. Make a white sauce of the milk and crumb mixture and the flour and butter. Chop the oysters, put them in a saucepan with their own liquor, the water and the chopped vegetables and herbs. Simmer for twenty or thirty minutes. Rub through a fine sieve and combine with the white sauce mixture. More milk or cream may be added if the bisque is very thick. Season and serve.

MOCK BISQUE OR TOMATO BISQUE SOUP

2 cups raw or canned tomatoes
2 teaspoons sugar
⅓ teaspoon soda
½ onion stuck with 6 cloves
Sprig of parsley
Bit of bay-leaf
¾ cup stale bread crumbs
4 cups milk
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through a sieve. Cook tomatoes with sugar fifteen minutes, add soda and rub through a sieve. Reheat bread and milk to boiling-point, add tomatoes, and pour at once into tureen over butter, salt, and pepper. Serve with croutons or crisp crackers.

Chowders

CLAM CHOWDER

50 clams
4 ounces salt pork
1 medium-sized onion
2 tablespoons flour
½ teaspoon salt
½ teaspoon thyme
3 potatoes
1 pint milk
½ teaspoon pepper
3 pilot biscuit

Put clams, with their own liquor, into a granite-ware saucepan, and when they have come to a boil skim out the clams and return liquid to the fire. Cut the salt pork into thin slices, chop the onion, and sauté the two together until brown. Stir in flour, and when mixture is bubbling slowly, add the clam liquor. Season with salt, white pepper, and thyme. Add potatoes which have been cut into small cubes, and cook this mixture until the potatoes are tender. Just before serving, add milk, clams cut into pieces, and three large pilot biscuit or a larger number of hard water-crackers, as preferred. If liked thicker, blend one tablespoon of butter or other fat with the same of flour, and add gradually.

To make Rhode Island clam chowder, add tomatoes, either canned or fresh.

CORN CHOWDER

2 slices fat salt pork
1 onion
3 cups diced boiled potatoes
Salt and pepper
2 cups boiling water
1 cup cooked corn, fresh or canned
4 cups hot milk

Cut the pork into small pieces and try it out. In this cook the sliced onion. Strain the fat into another receptacle, and put the potatoes into the strained fat. Add boiling water, corn which has been cooked till tender, and hot milk. Season with salt and white pepper, bring to the boiling-point, and serve with a cracker on each soup-plate.

FISH CHOWDER

¼ pound fat salt pork, sliced
2 cups raw fish, cut in dice
6 small potatoes, sliced
2 onions, chopped fine
3 cups boiling water
1 pint milk
3 pilot biscuit

Fry salt pork in a deep kettle. When crisp remove pieces of pork and put fish, potatoes and onions in kettle. Cover with the boiling water. Simmer one-half hour, or until the potato is tender. Add the milk and cook five minutes longer. Season with salt and pepper. Just before serving, add the pilot biscuit.

OYSTER CHOWDER

1 quart oysters
6 potatoes
1 onion
1 cup water
3 cups milk
2 tablespoons butter or other fat
1 tablespoon flour
Salt and pepper
3 pilot biscuit

Drain the oysters, and remove any particles of shell. Strain the liquor through a fine wire sieve. Slice the potatoes and onion thin and boil them in the oyster liquor and water until tender but not mushy. Make a white sauce with the fat, flour, and milk, put the oysters into it, and cook two minutes. Combine white sauce with potatoes and onion and the liquor in which they have been cooked. Season to taste with salt and pepper. Place the pilot biscuit in the hot tureen. Pour the chowder over them, and serve.

CLAM STEW

Make in same way as oyster stew, using clams.

CRAB STEW

6 hard-shell crabs
1 tablespoon butter
1 tablespoon flour
1 onion
1 pint rich milk
1 quart water
Salt and pepper
Parsley

Boil the crabs. Remove the meat and sauté it in butter with one small onion. Cook until the onion is quite brown. Add flour, salt, and pepper, cook a little longer, then add water and minced parsley. Simmer ten minutes, add milk and reheat.

OYSTER STEW

UNTHICKENED

1 pint oysters
4 tablespoons butter
Salt, pepper, paprika
1 quart rich milk

Put cleaned oysters, strained oyster liquor, butter and seasoning into a saucepan and simmer gently until oysters begin to curl at the edges. At the same time, heat the milk, being careful not to scorch it. Add the hot milk to the oysters and oyster liquor and serve at once.

THICKENED—To the ingredients given above, add from four to eight tablespoons of flour, and, if desired, a little onion-juice and mace. Scald the oysters in their own liquor. Make a white sauce of the milk, flour and butter and season as desired. Combine the scalded oysters and oyster liquor with the white sauce and serve at once.

YEAST BOUILLON

In recent years several varieties of autolyzed yeast have appeared on the market to be used as bouillon or in sandwich pastes. They have the flavor of strong meat extract but have the advantage of being of pure vegetable origin. If purchased in jars use according to direction. When in cubes use like any other bouillon cube. Of peculiar value for the high content of vitamins B and G, it is also called petite marmite.

SOUP ACCESSORIES

SOUP may be served with many accompaniments, such as crisped crackers, cheese-sticks and pulled bread; and varieties of croutons, forcemeat balls, noodles, and vegetable pastes may be placed in the soup itself. Grated Parmesan cheese is passed with many kinds of soup to be sprinkled on each portion.

Recipes for some of the best-liked accompaniments for soup are given below.

CROUTONS

Cut stale bread into slices about one-third of an inch thick, and remove all crust. Spread with butter, cut in cubes and bake in the oven until delicately browned. If preferred, these cubes of bread may be fried in deep fat or sautéd in just enough fat to keep them from burning. Put into soup at time of serving, or pass in a separate dish, permitting each person to put as many croutons as he may wish in his portion of soup.

MOCK ALMONDS

These are merely croutons shaped to represent almonds.

CHEESE STICKS AND ROLLS

Cut bread in long, narrow strips, spread with butter, then with a thick coating of grated cheese. Brown in moderate oven (350° F.). Or cut crust from sliced bread, spread thickly with paste of grated cheese and butter, roll, fasten with toothpick and brown as above.

HOT CRISPED CRACKERS

Toast thin wafers or crackers for three minutes in a hot oven (400°-425° F.). They are better if spread with a thin film of butter before being put into the oven. If Boston crackers are preferred, split them, arrange the halves, rough side up, on a plate, lay a bit of butter on each, and brown them in the oven.

VARIATIONS

Use the cookie cutters in any small design to cut sliced bread for toasting on a cookie sheet or large pan. Or use the cutters on biscuit dough and bake or fry in deep fat.

NOODLES

1 egg ½ teaspoon salt Flour

Stir sufficient flour into a slightly beaten egg to make a very stiff dough. Add salt, knead, and roll as thin as possible. It should be of almost paperlike thinness. Cover with a towel and let remain untouched for half an hour. Then cut in small fancy shapes, and dry them. When needed, place in boiling water and cook rapidly for fifteen minutes. This dough may also be rolled into threads and used like macaroni in soup.

Noodle Balls—Roll the noodle paste as directed above, fold it double and with a tin cutter make circles about one-fourth inch in diameter. Toss these balls into hot fat, (360°-370° F.) using a wire frying-basket. In about a minute they will turn a delicate brown and puff into balls. Drain on soft paper and serve with soup. As these soften quickly, it is better not to put them in the tureen, but to pass them after the soup has been served.

EGG BALLS

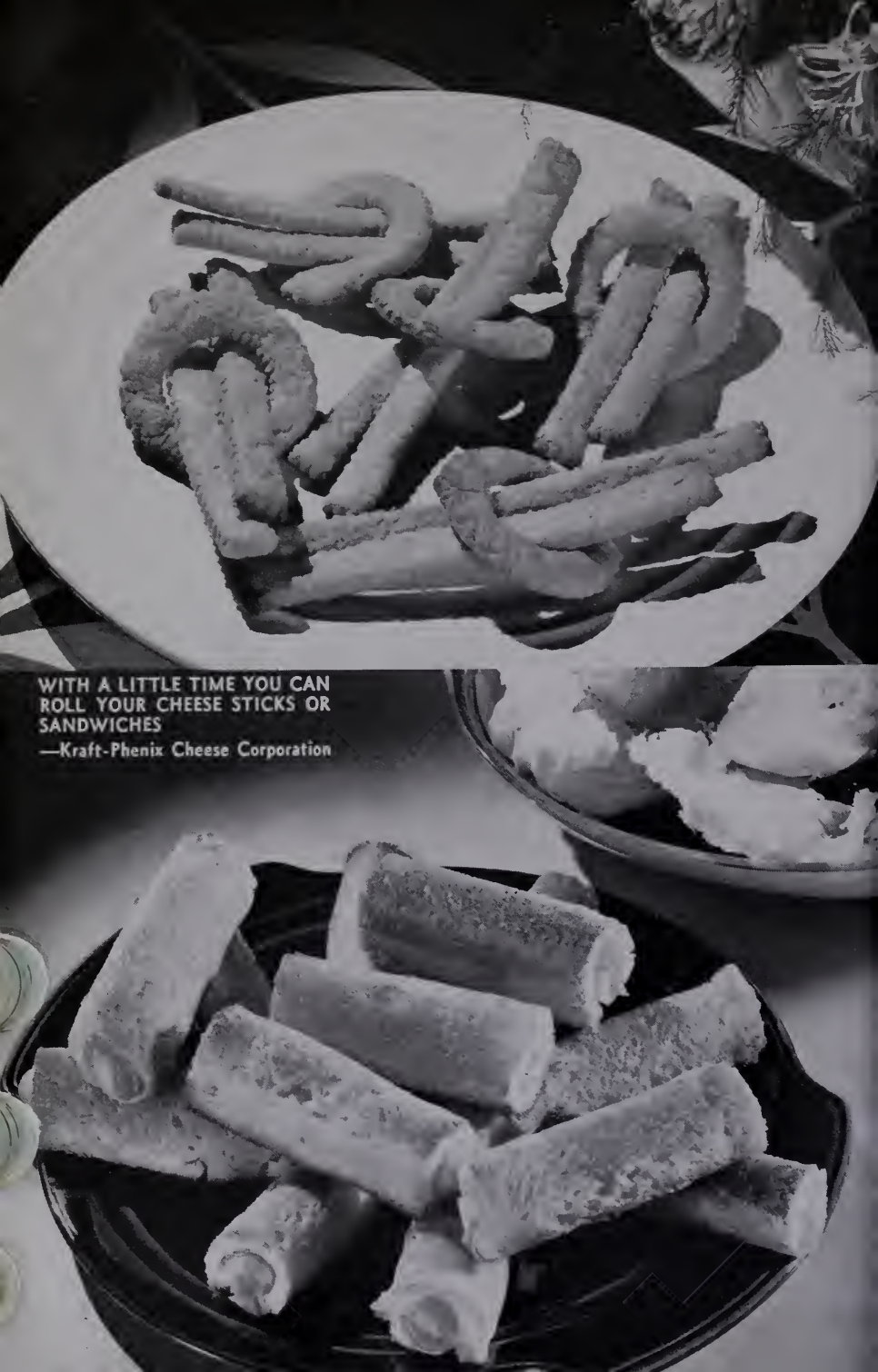
No. 1.

5 eggs 1 teaspoon salt
½ teaspoon pepper Flour

Simmer four of the eggs in the shell twenty minutes and mash the yolks to a smooth paste in a bowl; then add the salt and pepper and the other egg, well beaten. Shape the mass into tiny balls, roll them in flour and sauté, tossing them about while frying to prevent their sticking to the pan. They may be made some time before needed. Use the hard-cooked egg-whites for a sandwich or a salad.

No. 2.

Mash the four cooked yolks to a paste, season, and mix with the uncooked egg-yolk. Form into small balls. Roll them in the uncooked egg-white, then in flour, and poach in hot water. These are attractive in consommé.



WITH A LITTLE TIME YOU CAN ROLL YOUR CHEESE STICKS OR SANDWICHES

—Kraft-Phenix Cheese Corporation

FOR HURRY-UP ACCESSORI
FOR SOUPS AND SALADS, BU
THE MAKINGS AND PUT O
YOUR OWN FINISH
—Kraft-Phenix Cheese Corporati

MARROW AND LIVER BALLS

2 tablespoons melted marrow
1 egg
½ cup soft bread-crumbs
Salt and pepper
Paprika
⅛ teaspoon onion juice

Strain melted marrow through cheese-cloth, beat until creamy and then add beaten egg. Season with salt, pepper and paprika, add a little moist bread, and form into balls. Poach in boiling water. Use 1 cup chopped liver instead of marrow for liver balls.

PÂTÉ À CHOUX

1 teaspoon butter
2½ teaspoons milk
¼ cup flour
1 egg
Salt

Heat butter and milk together. When at the boiling-point, add the flour and a pinch of salt, stirring constantly. Remove from the fire, beat in the unbeaten egg, and continue beating until the egg is well mixed with the other ingredients. When cool, drop small pieces from the tip of a teaspoon into deep, boiling fat. When brown and crisp, drain on absorbent paper. If desired, two tablespoons of grated Parmesan cheese may be added to this recipe.

CUSTARD FOR GARNISHING

Allow two tablespoons of milk, cream, or consommé to each egg. Mix well, season with salt and pepper, and pour into a buttered mold, making the custard one-half inch thick. Set the mold in a pan containing hot water and place in a slow oven (300°-350° F.). When the custard is set, remove from the oven and cool. Cut it into small pieces or fancy shapes. The egg-white, the egg-yolk or the whole egg may be used in making this custard.

Custard Royale.

2 egg-yolks
1 egg
½ cup beef stock
Salt and pepper
Cayenne

Beat the yolks of the eggs slightly and then beat into them the one whole egg. Add beef stock, a little salt, pepper and a

few grains of cayenne. Pour the mixture into a shallow pan or dish, so that the custard will be about one-half inch deep. Set this pan into another holding water that is just below the boiling-point and place both in a slow oven (300°-350° F.). The custard should set without bubbling and without forming a brown crust on top. When cold, cut in fancy shapes with vegetable-cutter. Use care in placing these in the soup, so that they may not break. When used in consommé, they give the name "Consommé Royale" to the soup.

CHICKEN FORCEMEAT

WHITE—

2 breasts chicken (uncooked)
½ teaspoon salt
1 cup dry bread-crumbs
3 tablespoons butter
1 cup milk
½ blade mace
¼ teaspoon pepper
2 egg-whites

Chop, pound and rub through a purée-sieve, the uncooked breasts of chicken. There should be a full half-pint of meat. Add salt and pepper. Boil together the bread-crumbs (no crusts), milk and mace for ten minutes, or until cooked to a smooth paste. Remove from the fire, put in butter and then add the seasoned meat and the well-beaten whites of eggs. Stir until all ingredients are thoroughly blended.

DARK—Use dark meat instead of light and the yolks of the eggs instead of whites. Chicken livers, also, may be used for forcemeat.

FISH FORCEMEAT

Free any kind of delicate fish from skin, fat and bone. Pound, strain, use one-half pint fish and proceed as for chicken forcemeat.

OYSTER FORCEMEAT

12 oysters
2 cups dry bread-crumbs
3 tablespoons butter
2 egg-yolks
1 teaspoon salt
Cayenne
1 teaspoon parsley
1 teaspoon lemon-juice
3 tablespoons oyster-juice
Nutmeg

Chop the oysters fine and add the bread-crumbs, butter, salt, cayenne, minced parsley, lemon-juice, oyster-juice, the yolks of raw eggs and a grating of nutmeg. Pound to a smooth

paste and rub through a purée-sieve. Add more salt if necessary. This is a fine forcemeat for timbales, or for stuffing poultry or fish. For use in soups, it may be made into balls, dipped in beaten egg-yolks, then in bread-crumbs and fried, or rolled into very small balls, dipped in egg-yolks and browned in the oven.

Quenelles—These are shapes made by forcing forcemeat through a pastry bag and tube into boiling water or stock. They are used to garnish entrées as well as soups.

COLORING FOR SOUPS AND SAUCES

To color brown, use browned flour or a little burnt sugar. (See Index for caramel recipe) or a few drops of commercial vegetable flavoring.

Spinach leaves give a fine green color. Pound the uncooked leaves, and add to soup five minutes before serving.

FISH

THE main difference between fish from fresh water and those from salt water, as food, is that the salt-water fish are an important source of bromin and iodin in the diet, and are considered desirable because of the value of iodin in preventing goiter. Some of the most common salt-water fish are cod, haddock, halibut, smelt, mackerel, salmon, shad, herring, oysters, clams, scallops, lobsters, crabs, shrimps and prawns, and some terrapins. Fish as food may be divided into:

WHITE FISH—Fish that have less than two per cent fat, examples of which are smelt, flounder, yellow perch, pike, pickerel, sea bass, cod and haddock.

MEDIUM FAT FISH—Fish that have two to five per cent fat, examples of which are weakfish, brook trout, mullet, and white perch.

FAT OR OILY FISH—Fish that contain five per cent or more of fat, examples of which are salmon, shad, herring, lake trout, bluefish, Spanish mackerel, butterfish, and eels.

SHELLFISH—Mollusks (oysters, clams, scallops and mussels); crustaceans (lobsters, crabs, shrimps, prawns, crawfish or crayfish); reptiles (frogs, terrapins and turtles. The reptiles really belong to a lower order of animal than fish, but as they spend some time in the water they are discussed in this chapter.).

Amount of Fish to Buy

If the fish bought is solid flesh, one-third of a pound should be allowed for each person. If fish is bought in the round (with bones, head, tail, etc.) at least one-half pound must be bought for each person.

Selecting and Caring for Fish

FRESH AND FROZEN FISH—Fresh fish, or fish that was frozen while fresh, has full or bulging bright eyes, bright red gills, firm and elastic flesh and fresh odor. Be sure that the flesh along the back-bone smells fresh; it spoils there first. Fresh fish sinks in fresh water. If it floats, it should not be used.

As soon as fish comes from the market, clean it and put it into the refrigerator or other cool place until it is needed.

Fish that is frozen immediately after it is caught, and is kept frozen until the time for cooking does not lose its flavor. It is preferable to clean and draw it without thawing, but if it is too hard to handle soak in cold water or allow to thaw in the refrigerator overnight until just flexible. Skinning is sometimes easier than scaling. Then it should be cooked at once without further thawing. Quick frozen fish on the market today is cleaned and ready for use. Cook at once without thawing, allowing only slightly more than the usual time allotted to broiling or baking as the case may be.

Cleaning and Dressing Fish

Although fish may have been cleaned and dressed at the market, they are likely to need additional cleaning before they are cooked. If any scales have been left on a fish that is to be cooked with the skin on, remove them with a dull knife (a sharp one might cut the skin). Draw the knife over the fish, from tail to head, slanting it toward the body of the fish at an angle of about 45°. If the fish is to be split, remove the head and tail. Wash quickly under cold running water and wipe the fish thoroughly, inside as well as outside, with a wet cloth. Then wipe with a clean dry cloth and keep on a plate in a cold place until ready to use.

To Skin a Fish

Remove the fins, cut off a strip of skin along the backbone, and cut the skin around the gills. Pull the skin off with the hand. If the flesh is soft, work slowly and closely follow the skin with the knife, to avoid tearing the flesh.

To Bone and Fillet a Fish

Clean and skin the fish. Insert a sharp knife close to the backbone at the tail end, and cut the flesh from the bone, working toward the head and keeping the knife as close as possible to the bone. Small bones that adhere to the flesh or are embedded in it must be removed with the fingers.

Large fish, such as cod and halibut, are easily boned; in fact,

they are usually purchased in slices. Fish with many bones, like shad, can not be boned satisfactorily.

Flounders are often boned, to form fillets, and are served as "fillets of sole." The English sole is seldom imported, and most of the "fillet of sole" that is served in America is made from the flounder, which has a white, delicate flesh similar to the sole.

A fillet is merely a piece of fish without skin and bones. Fillets look better on the serving platter if they are approximately the same size. Rolled fillets are called turbans. They are fastened with wooden toothpicks to keep them in shape during cooking, but the picks are removed before the fish is served.

Salted, Smoked and Canned Fish

These may be had the year around. The following varieties are likely to be in any market:

Dried Salt Fish—Cod, haddock, hake, pollack, and whiting.

Brine-salted Fish—Herring, mackerel, mullet, salmon, shad.

Smoked Fish—Carp, catfish, eel, finnan haddie, hake, halibut, lake trout, pollack, salmon, sturgeon, whitefish.

Canned Fish—Cod, haddock, herring, mackerel, salmon, sardines, tunafish, oysters, shrimps, lobsters, clams.

Pickled Fish—Sardines, eels, sturgeon, oysters, clams, scallops, lobsters and mussels.

To Freshen Salt Fish

Place the fish flesh side down in a large pan of fresh water, set the pan in a cool place and let it soak from one to forty-eight hours, changing the water several times. If the fish is to be cooked in liquid, it will need a shorter time in water than if it is to be cooked with very little moisture.

Boiled Fish

For boiling a large fish whole, a fish-kettle with strainer, a large kettle with a wire frying-basket or a steamer is needed. A plate in a piece of coarse muslin or cheese-cloth, kept for

this purpose, may be used for fish in small pieces. Clean the fish, rub a little salt over it, wrap it in a cloth and place it in the container in which it is to be boiled or steamed.

The fish must not be put into cold water, as that extracts the flavor, nor into boiling water, as that breaks the skin, but should be put into hot water, which may then be quickly brought to the boiling-point. After the water boils, decrease the heat so that it will simmer.

Use enough water to cover the fish, add one teaspoon of salt and one tablespoon of vinegar or lemon-juice to every two quarts of water. These whiten the flesh and make it firm as well as season it. After the water begins to simmer, allow five to ten minutes to the pound for small thin pieces and ten to fifteen minutes to the pound for large thick pieces.

Fish That Are Good Boiled

With Suggestions for Sauces and Garnishes

Fish	Sauce	Garnish
Codfish	Butter sauce, caper sauce, oyster sauce, shrimp sauce	Parsley or cress
Flounder	Béchamel sauce	Chopped parsley
Haddock	Egg sauce	Parsley or cress
Halibut	Béchamel sauce, creamy sauce, egg sauce, Hollandaise sauce	Parsley or cress
Mackerel	Caper sauce, parsley sauce	
Salmon	Egg sauce, Hollandaise sauce, Tartar sauce	Cress, lemon, parsley
Sheepshead	Drawn-butter sauce	Parsley and lemon
Snapper (red)	Mushroom sauce, tomato sauce	Parsley
Sole (flounder)	Béchamel sauce	Parsley
Trout	Horseradish sauce	

If you wish to serve a whole boiled fish upright, as if swimming, place a carrot inside the fish to make it retain its form, and arrange the garnishings so that it will keep its position on the platter. Bind the fish to the strainer with twine when cooking. A fish retains shape and flavor better in a steamer than when immersed in water.

To steam, place the fish on a plate in the upper part of a steamer, allowing the same time as for boiling.

Boiled fish needs a rich sauce, such as egg sauce, Hollandaise, Béchamel or drawn butter.

Fresh-water fish or other fish without much flavor may be boiled in court bouillon (See Index). Stock in which fish has been cooked may be made into fish chowder (See Index).

PICKLED SALMON

4 to 5 pounds salmon
2 quarts vinegar
1 ounce peppercorns
1 grated nutmeg
6 blades mace
1 tablespoon salad oil

Wrap the salmon in a fish-cloth and simmer in salted water about three-fourths of an hour. Drain, wrap in a dry cloth and set in a cold place till ready to use. For the pickle, use one quart of the water in which the salmon was cooked, the vinegar, peppercorns, grated nutmeg and mace. Boil for a few minutes, in a kettle closely covered to prevent evaporation of the flavor. Cool. When quite cold, pour over the salmon; then pour in the oil. Cover closely and place in a dry cool place. This pickle will keep many months.

BONED HERRINGS

6 large herrings
Pepper
Salt
Parsley
Vinegar
6 slices buttered toast

Select fish with roes. Split, wash, scrape and remove heads, roe, and backbone. Sprinkle generously with pepper, salt, and minced parsley, then roll each piece tightly, beginning with the neck, and tie with a string. Put into boiling water that is seasoned with pepper, salt and vinegar and simmer ten or fifteen minutes. Cut the roe in pieces and fry. Place the fish and roe on buttered toast, garnish and serve.

Broiled Fish

To broil a whole fish, split the fish down the back, dry thoroughly, sprinkle with salt, pepper and lemon-juice. Place fish, flesh side down, on a well-greased wire broiler. Turn and broil on skin side just enough to crisp the skin. Large fish are cut into slices one inch thick, and broiled on both sides evenly.

Fish That Are Good Broiled

With Suggestions for Sauces and Garnishes

Fish	Sauce	Garnish
Black Bass (split)	Melted butter	Lemon and parsley
Cod (sliced)	Melted butter	Lemon
Flounder (split or filleted)	Tomato sauce, lemon sauce	Parsley
Halibut (sliced)	Butter sauce, Hollandaise sauce, oyster sauce	Parsley, lemon
Mackerel (split)	Maître d'hôtel sauce, lemon sauce	Lemon, cucumber, parsley
Pompano (split)	Maître d'hôtel sauce	Cucumber, cress or lettuce salad
Salmon (sliced)	Anchovy sauce, caper sauce	Chopped parsley
Shad (split)	Maître d'hôtel sauce, butter sauce	Parsley and radishes
Smelts (whole)	Remoulade sauce, Béchamel sauce	Parsley
Swordfish (sliced)	Horseradish sauce	Parsley

BROILED SMELTS

12 smelts
3 tablespoons butter
1 tablespoon lemon-juice
1 tablespoon salt
½ tablespoon pepper
3 tablespoons flour

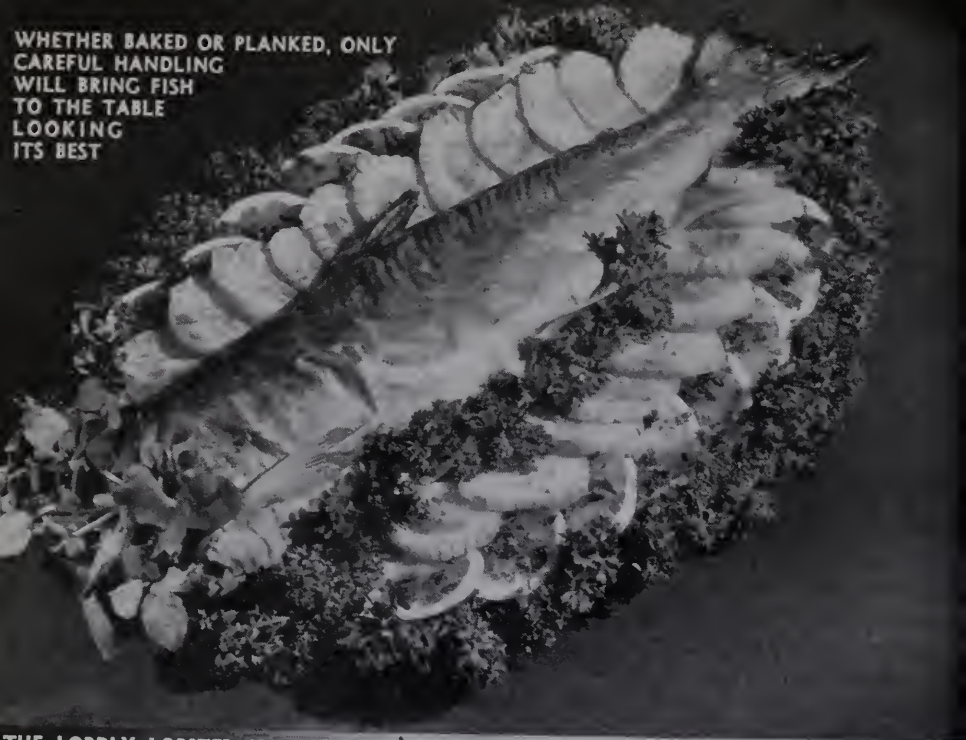
Small smelts are not always split open and cleaned, but the entrails are squeezed out carefully so as not to bruise the fish, and the heads are sometimes left on. When the smelts are large, however, cutting down the belly to remove entrails is more satisfactory. Put butter, lemon-juice, salt and pepper in a deep plate on the back of the stove where the fat will slowly melt. On another plate, place the flour. Wash and wipe the fish and roll it in the melted, seasoned fat, and then lightly in the flour. Arrange on a double broiler and cook four or five minutes over clear coals. Serve on a warm dish with remoulade sauce.

Baked Fish

Whole Large Fish—Dress and stuff the fish (See chapter "Stuffings for Fish, Meat, Poultry and Game.") and sew up the opening with a trussing-needle. If a white or medium fat

TYING PLATE AND SALMON IN CHEESECLOTH WHEN BOILING, WILL PRESERVE ITS BEAUTY INTACT

—Booth Fisheries Corporation



WHETHER BAKED OR PLANKED, ONLY
CAREFUL HANDLING
WILL BRING FISH
TO THE TABLE
LOOKING
ITS BEST

THE LORDLY LOBSTER IS STILL TH[illegible]
CRAT OF THE FESTIVE OCCASION
—Booth Fisheries Corporation

fish is used, cut three or more slits in its sides and insert a strip of salt pork in each. Fat fish needs no larding, it has fat enough in itself.

Place a cloth or a rack in the bottom of a baking-pan. Upon the cloth place a thin layer of minced salt pork and a few slices of onion and tomato. Upon these place the fish itself. Dredge with salt, pepper and flour and lay on more salt pork; place in a hot oven (425° F.) add a cup of boiling water and cover. Cook fifteen to twenty minutes to each pound, basting frequently, adding water after each basting if necessary. After the first fifteen or twenty minutes reduce the heat to 350° F. Milk may be used instead of water in baking dry fish steaks. If a dripping-pan is used, it is not necessary to add water, and fish has more flavor if cooked without water.

Small Fish or Fillets—Follow directions for whole large fish, allowing a total baking period of twenty to thirty minutes.

Fish That Are Good Baked Whole

With Suggestions for Stuffings, Sauces and Garnishes.

Fish	Stuffing	Sauce	Garnish
Bass (sea)	Bread stuffing No. 1 or 2	Tomato sauce	Tomato and parsley
Bluefish	Bread stuffing No. 1 or 2	Sauce made by boiling the stock in pan plus one large tablespoon catchup and one tablespoon browned flour mixed with cold water	Parsley and lemon slices
Cod	Oyster stuffing	Oyster sauce	Lemon
Haddock	Pickle-caper	Drawn butter, egg, sauce, Hollandaise sauce	Lemon and parsley
Mackerel	Pickle-caper		Lemon
Shad	Bread stuffing No. 1 or 2		Lemon, tomatoes
Tilefish	Bread stuffing No. 1 or 2	Maître d'hôtel sauce	Parsley
Weakfish	Bread stuffing No. 1 or 2	Lemon-juice	
Whitefish	Bread stuffing No. 1 or 2	Egg sauce	Egg

Fish That Are Good Baked in Steaks, Cutlets or Fillets

With Suggestions for Sauces and Garnishes.

Fish	Sauce	Garnish
Cusk		Lemon
Flounder	Egg sauce	Egg
Haddock	Oyster sauce	Lemon
Halibut	Brown, Hollandaise, tomato or mushroom sauce	Tomatoes, peas, parsley
Mackerel (horse)		Lemon
Salmon	Lemon sauce	Parsley and lemon
Sturgeon	Drawn butter	Parsley and lemon
Tile	Tomato sauce	

FILLET OF FLOUNDER AU GRATIN

5 pounds flounder
2 tablespoons flour
3 tablespoons butter
1 cup fine bread-crumbs
1 bay-leaf
2 cups chicken stock
1 tablespoon lemon-juice
1 slice onion
Salt and pepper

Fillet and cut the fish into pieces about four inches long by three wide. Oil a baking or gratin dish and lay the fillets in it. Sprinkle salt and pepper over them and set in a cool place till needed.

Rub together flour and butter; add onion, bay-leaf, chicken stock, and salt and pepper as needed. Simmer gently twenty minutes and then add lemon-juice, strain the sauce and pour it over the fish. Season lightly with salt and pepper, sprinkle bread-crumbs over the sauce and fish. Bake twenty minutes in a hot oven (425° F.) and serve at once in the same dish.

HALIBUT CREOLE

2 pounds halibut
2 cups stewed tomatoes
1 cup water
3 cloves
1 slice onion
2 tablespoons butter
1 tablespoon flour
Salt and pepper

Put the tomatoes, water, cloves and onion on the stove in a stewpan to boil. Mix the butter and flour together, stir them into the sauce when it boils and add the salt and pepper. Cook ten minutes and strain into a bowl.

Pour boiling water into a deep plate to the depth of one-half inch, and lay the fish in it for one minute, skin side down; when the fish is removed from the water, the black skin can be taken off easily. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan, put sliced lemon on top, then pour half the tomato sauce around the fish and bake in a hot to moderate oven (425° to 350° F.) for thirty to forty minutes, basting three times with the remainder of the tomato sauce. Pour the sauce remaining in the bottom of the pan around the fish on the serving platter.

Fried or Panned Fish

After cleaning, dry the fish, sprinkle with salt and pepper, dip in fine bread-crumbs, flour or corn-meal, then in egg, and again in crumbs, flour or corn-meal, and fry in deep fat. (See Index for directions for deep-fat frying.) Small fish are cooked in this way, with or without head and tail; also fish steaks, fillets or turbans. The skin is usually removed. In some cases (for example, the perch) if the skin has not been removed by the fish dealer, it is very difficult to get it off. In this case, dip for a moment into boiling water and remove at once.

Fried Fish—Small fish are fried whole; for example, smelts, small flounders, whitebait, small whitings, small herrings, small perch. Larger fish such as eels, halibut, cod, large flounder and sole are cut in four-inch lengths or made into fillets or turbans before frying.

Fried fish are usually served with Tartar sauce, anchovy sauce or with lemon.

Panned Fish—Clean, wash and dry fish, rub in flour which has been seasoned with salt and pepper or dip in egg and crumbs and sauté in a saucepan in a small amount of fat. Any fish that can be fried can be panned.

FILLET OF SOLE OR FLOUNDER

2 pounds fillet of sole or flounder	Salt and pepper Crumbs, egg

A large sole or flounder will make four fillets. Roll up each fillet, or cut into smaller fillets, season with salt and pepper, dip in egg, then in crumbs and fry in deep fat (390° F.) four to

six minutes. For variety, cut the fillets up, simmer half of the small fillets in salted water from six to ten minutes and then serve with the fried ones, having the boiled ones in the center of the dish. Serve with a white sauce, or with Tartar sauce.

Planked Fish

Scale the fish. Split it down the back, clean, wash and wipe dry as usual. Prepare a plank of oak or hickory, about one and one-half inch thick, and put in the oven to heat. If using a gas stove, place it directly under the gas in the broiler, having the side which is to hold the fish nearest the flame.

Rub the fish all over with oil, salt and pepper. Lay it skin side down on the plank, and put the plank on the upper grate of the oven, or under the broiler of a gas stove. Cook about one-half hour, spreading melted fat over the fish while it is in the oven if there is a tendency to dryness. If the fish has roe, the roe may be broiled on the plank beside the fish, or the roe may be boiled, mixed with a little white sauce, well seasoned, and spread over the thinnest part of the fish, five minutes before it is finished, and covered with crumbs.

Have ready freshly mashed potato and form a border of this around the fish by pressing it through a pastry-bag. Set the plank in the oven until the potato has browned, then send to table garnished with lemon and parsley.

The size of the plank will depend on the size of the oven, but it must be at least three inches wider than the fish. Whitefish and shad are best for planked fish.

Fish Roe and Milt

The roe (eggs) of many fish, which are available during the Spring, make excellent and often delicate food. Shad roe are most frequently used, but the roe of mackerel and of flounder are just as palatable and are usually much cheaper. When small fish contain roe, do not cook the roe in the fish; remove it and cook it as a separate dish.

To Prepare Roe for Use

Parboil it in salted, acidulated water (one tablespoon vinegar or lemon-juice to one quart water) and simmer eight to ten minutes. Drain, cool, and pick out the pieces of membrane; the roe is then ready for any recipe.

Milt

The part of the male fish that takes the place of the roe of female fish is called the milt, and may be prepared and cooked in just the same way. The blue vein that runs through the center of salmon milt should be removed before the milt is cooked.

BROILED ROE

Wipe, sprinkle with salt and pepper, put on greased wire broiler, and broil five minutes on each side. Serve with maître d'hôtel sauce.

SHAD ROE CAVIAR

1 cup shad roe
⅕ cup salt or ⅓ cup prepared caviar

Mash the cooked roe very carefully, then mix with the salt. Beat thoroughly and let it stand for an hour before serving. If preferred, the shad roe may be mixed with prepared caviar instead of salt.

SCALLOPED ROE

1 to 2 pounds shad roe
1 cup medium white sauce
Egg-yolk
Bread-crumbs
Chopped parsley
Salt and pepper
Lemon-juice

Parboil roe as directed, drain and break up lightly with a fork. Sprinkle a layer of roe in a baking-dish; add one-half the yolk of an egg, well beaten, dropping it over the top of the roe, next sprinkle lightly with minced parsley, salt and pepper to taste and a few drops of lemon-juice; then add a layer of the white sauce. Repeat the layers of roe, egg, seasoning and sauce, cover with bread-crumbs and bits of butter and bake until brown. If a large dish is required, use with the roe any cold flaked fish left from a former meal. Any kind of roe may be prepared in this way.

Canned or Warmed-over Fish

FISH SOUFFLÉ

1 cup cooked fish, fresh or canned
1 cup mashed potatoes
2 eggs
½ cup milk
Salt and pepper

Mix cold cooked fish with mashed potatoes, milk, salt and pepper. Stir in one egg, well beaten. Put into an oiled mold or dish and set in the oven until hot. Beat the white of the other egg stiff and stir into it the beaten yolk seasoned with salt and pepper; heap this over the fish and brown.

FISH TIMBALE

1 cup cooked fish, fresh or canned
½ cup cooked mushrooms
1 cup bread-crumbs
2 cups milk or cream
½ cup butter or other fat
Salt, pepper and nutmeg
4 eggs

Use any delicate fish, such as halibut, whitefish, cusk or salmon. Remove the bones and skin, and pound the meat very fine, so it may be rubbed through a soup-strainer. Mushrooms mixed with the fish before it is strained will greatly improve its flavor.

Cook bread-crumbs ten minutes in milk or cream. Remove from fire and add melted butter or other fat, salt, pepper or paprika and a few gratings of nutmeg. When this is cold, add the fish, beat the whole thoroughly, add the eggs, also well beaten, and place the mixture in a greased or oiled mold. Cover the mold with oiled paper, set it in a deep baking-pan, place it in the oven, and pour water into the pan until it is within one inch of the top of the mold. Cook for three-quarters of an hour at 250° F. Hollandaise and tomato sauce are both excellent to serve with fish timbale.

SALMON PUFFS

2 cups cooked salmon, fresh or canned
Salt and pepper
½ cup soft bread-crumbs
1 tablespoon lemon-juice
3 eggs

Remove the skin and bones from the salmon, chop the meat fine, and add salt, white pepper or paprika, soft bread-crumbs,

lemon-juice or vinegar, and egg-yolks. Mix thoroughly, add the well beaten egg-whites, and place in six or eight oiled cups, filling the cups even full. Set the cups at once in a pan containing hot water that comes to about an inch below their tops, and bake for one-half hour in moderate oven (375° F.). Turn out upon a hot platter, thrust a sprig of parsley or celery, or a clove, into the center of each puff, and pour about them any desired fish sauce.

SALMON AU GRATIN

1 cup cooked salmon, fresh or canned
1 cup drawn-butter sauce
Salt and pepper
2 tablespoons lemon-juice
Bread-crumbs, cheese

Flake the cold salmon, mix with the drawn butter, salt, pepper and lemon-juice. Fill little earthen dishes with the mixture, cover with fine bread-crumbs, with or without cheese, and brown in the oven at 400° F.

SALMON LOAF

2 cups cooked salmon, fresh or canned
2 eggs
½ cup fine bread-crumbs
4 tablespoons butter
Salt and pepper
Minced parsley

Flake the fish, add the eggs beaten lightly, the melted butter, the bread-crumbs, salt, pepper and minced parsley. Put into a greased mold, and steam for an hour. When cold, arrange on a platter and garnish with slices of lemon, cucumber, and parsley.

TUNAFISH WITH CAPER SAUCE

2 cups cooked tunafish, fresh or canned
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
1½ cups milk
3 tablespoons capers
Paprika
1 tablespoon minced parsley

If canned fish is used, turn it from the can on to a plate and steam it until it is hot. In the meantime, melt the butter, stir in the flour and salt, and gradually add the milk. Add the capers. Transfer the fish to a platter, pour the sauce over it and dust lightly with paprika and parsley.

Fresh cooked fish may be heated in the sauce, or heated separately and served with sauce poured over it.

KEDGEREE

2 cups cooked fish, fresh or canned
4 tablespoons butter or other fat
1 cup cooked rice
Salt and pepper
2 hard-cooked eggs

Free the fish from skin and bone. Melt butter in a saucepan, add the fish and stir gently. Put in the rice, the whites of the hard-cooked eggs, and season to taste with salt and pepper. Move gently about over the fire until thoroughly hot, and serve on a flat dish with the yolks of the eggs, pressed through a ricer, over the top.

SCALLOPED FISH

2 cups cooked fish, fresh or canned
½ cup mashed potatoes
2 cups milk
2 tablespoons corn-starch
2 hard-cooked eggs
2 tablespoons butter
Salt and pepper
1 cup bread-crumbs

Heat all the milk, except one-fourth cup, in a double boiler; add the corn-starch stirred up with the remaining cold milk; cook twenty minutes, stirring frequently. Add one tablespoon butter, rub smooth the yolks of the eggs and add them, and then the whites after they have been passed through a sieve. Flake the fish, add the potatoes and season with salt and pepper. Oil a baking-dish, put in a layer of the fish mixture, cover with sauce, add another layer of fish, then more sauce, and so on until all is used. Cover the top with the bread-crumbs, add small bits of butter and bake for fifteen minutes in a moderate oven (350°-400° F.).

Dried and Salt Fish

CREAMED CODFISH

1 cup salt codfish
1 cup milk
1 egg
2 tablespoons butter
2 tablespoons flour

Separate the fish into very small pieces and leave in cold water for three hours, changing the water three times. Heat the milk in a double boiler. Add the codfish, well drained, and

cook for ten minutes. Mix the butter with the flour until a smooth paste is formed, then stir it into the milk. Cook ten minutes. Take the dish from the heat, add the beaten egg, stir well and serve without further cooking, adding a sprinkling of pepper just before dishing. If the sauce is cooked after the egg is added, the milk is likely to curdle. The egg may be omitted.

CODFISH À LA MODE

1 cup salt codfish
2 cups mashed potatoes
2 cups milk or cream
2 eggs
¼ cup butter or other fat
Pepper

Pick very fine and freshen salt codfish as in preceding recipe; mix with mashed potatoes, milk or cream, well-beaten egg, butter and pepper. Turn into a baking-dish and bake twenty or twenty-five minutes in a moderate oven (350°-400° F.).

CODFISH BALLS

1 cup salt codfish
4 cups sliced raw potatoes
2 tablespoons milk or cream
2 tablespoons butter or other fat
1 egg
Pepper

If the fish is not already shredded, pick out all the bones and shred the flesh. Simmer the fish and the sliced potatoes together in plenty of water until the potatoes are soft. Drain, mash, and beat until fine and light; then add the pepper, fat and milk, and the egg, well beaten. Mix all thoroughly with a spoon. Shape into balls. Fry in a frying-basket in deep fat, (375°-390° F.) for two to five minutes.

CODFISH SOUFFLÉ

1 cup salt codfish
2 cups raw potatoes
2 tablespoons milk or cream
2 eggs
1 tablespoon butter or other fat
Pepper

Place the fish and potatoes together in enough boiling water to cover them, and let them boil until the potatoes are done. Drain thoroughly, mash the potatoes and fish, and beat them well with a fork, adding white pepper, butter, milk or cream. The mass should be made light with vigorous beating. Then

beat in the well-stirred yolks of two eggs, and lastly, fold in the well-whipped whites. Arrange the soufflé in an oiled baking-dish and bake in a moderate oven (375° F.) about twenty minutes, until it is brown. Serve with cucumber pickles, pickled peppers, horseradish or fresh cucumbers.

SALT FISH WITH EGG GARNISH

2 cups salt fish
4 tablespoons butter or other fat
2 cups milk
4 tablespoons flour
2 hard-cooked eggs

Soak fish over night, cook in fresh water, flake. Make a white sauce with the fat, flour and milk. Add the flaked fish to the white sauce and pour on to a warm platter. Cut the eggs into slices and arrange in a circle on top. Serve at once.

SALT MACKEREL

Boiled—

1 salt mackerel
2 cups milk
Pepper
4 tablespoons flour
4 tablespoons butter

Clean the fish by scraping off rusty-looking portions and also the thin black membrane found on the inside, and leave it over night in plenty of cold water, with the skin side up. In the morning, drain the fish and place it in a frying-pan, skin side down, cover with fresh water, and slowly heat to the boiling-point. Drain off this water, add just enough fresh water to cover the fish and simmer until tender. Lift the mackerel out carefully (a pancake-turner will be found convenient for such work) and place it on the serving-dish in the oven to keep hot while the gravy is being prepared.

To one cup of the water left in the frying-pan after the removal of the fish, add the two cups of milk. When the liquid boils, add the flour stirred to a paste with the fat, and season with salt and pepper. Let the gravy boil slowly three or four minutes, stirring constantly until smooth. Pour it over the mackerel.

Baked—Prepare the fish as for boiling but place it in a shallow baking-pan just large enough to hold it, and pour over it the milk. Bake twenty minutes in a hot oven (400°-425° F.) stirring into the milk at the end of fifteen minutes a smooth

paste made of two tablespoons of flour and two tablespoons of fat, with a sprinkling of pepper. Serve with the thickened milk poured around the fish.

BROILED SALT FISH

Soak in tepid water twenty-four hours, changing the water several times. At the hour wanted, broil, season to taste, dotting with bits of butter. All kinds of salt fish may be broiled in this way.

BROILED FINNAN HADDIE

1 finnan haddie Oil Lemon-juice

Soak the fish in cold water for three-quarters of an hour, then lay in boiling water for five minutes. Wipe very dry, rub oil and lemon-juice into the fish and broil over a clear fire for fifteen minutes. Serve with hot butter sauce.

CREAMED FINNAN HADDIE

1 cup flaked finnan haddie, fresh-cooked or canned
1 cup medium white sauce
Salt, pepper, paprika

If the whole fish is used, put it in a baking-pan, cover with cold water, and after soaking twenty minutes, bring the water to a boil. Reduce the heat and allow it to simmer for one-half hour. Drain, rinse, and with a fork separate the fish into flakes. Canned finnan haddie should be steamed. To one cup of fish, add one cup of medium white sauce. Bring to a boil; season with salt, pepper and a liberal quantity of paprika.

Oysters

Oysters, to be safe and palatable food, must be perfectly fresh. Buy them in the shells, if possible, and when purchasing them without shells be sure that the liquor is clear; if it is cloudy, the oysters should not be used.

Opening and Cleaning Oysters

To open an oyster, hold it firmly with the thick part of the shell toward the palm of the hand. Wash the shell thoroughly. Push a strong, thin knife between the shells near the back and run it along until it cuts the strong muscle which holds the

shells together. Drop the oysters into a strainer, set over a bowl, and save the liquor that drains through to be used in cooking the oysters or making soup or sauce. Then examine each oyster and with the fingers remove all particles of shell. They are then ready to be used in any way desired.

OYSTERS ON THE HALF SHELL

Raw oysters are served either on the half shell packed in crushed ice, on oyster plates, or in a block of ice. Allow to each person five or six oysters and one-fourth of a lemon, and pass with the oysters crackers or thin slices of delicately buttered brown or graham bread.

OYSTER COCKTAIL

30 medium oysters
2 teaspoons prepared horseradish
3 tablespoons tomato catchup
1 teaspoon salt
2 tablespoons vinegar
4 tablespoons lemon-juice
¼ teaspoon tabasco sauce

Where oysters in the shell are obtainable, they are usually served on the half shell, on a plate of crushed ice, around a small glass holding the cocktail mixture. When it is not possible to get the oysters in the shell, cocktails may be served in ice shells made for this purpose, or in cases made from green-pepper shells, in halves of grapefruit, or in large claret glasses. Put five medium oysters into each glass and pour the dressing over them. To make the dressing, mix horseradish, tomato catchup and vinegar, lemon-juice, tabasco sauce, and salt thoroughly. Both oysters and dressing should be very cold.

PANNED OYSTERS

1 pint large oysters
6 slices buttered toast
¼ cup oyster-juice

Lay the oysters in a shallow dripping-pan, and pour over them a small quantity of oyster-juice, but not sufficient to raise or float them. Place the dish carefully in a hot oven (400°-425° F.) and just heat the oysters through. Be careful not to bake them. Moisten hot buttered toast with the hot juice from the oysters and serve the oysters on the toast.

LITTLE PIGS IN BLANKETS OR OYSTER BUNDLES

24 large oysters
24 very thin slices fat bacon
Salt and pepper
Parsley

Season the oysters with salt and pepper. Wrap one oyster in each slice of bacon and fasten with a toothpick. Heat a frying pan and put in the oysters. Cook on one side and then on the other just long enough to crisp the bacon, about five minutes. Cut slices of toast into quarters and place one oyster on each small slice of toast. Serve immediately, garnished with parsley.

CREAMED OYSTERS

1 pint oysters
4 tablespoons butter or other fat
6 tablespoons flour
1 pint rich milk
Salt and pepper

Heat the oysters in their own liquor until the edges curl. Make a white sauce with the fat, flour and milk. Combine the oysters and sauce, add seasoning and serve.

OYSTERS À LA POULETTE

1 pint oysters
1¼ cups milk or cream
1 tablespoon butter
Salt and pepper
Nutmeg
2 egg-yolks or 1 whole egg
2 tablespoons flour
Cayenne

Set the oysters on the stove to heat in their own liquor. As soon as they begin to boil, skim carefully and turn them into a strainer. Add one-half cup of oyster liquor to one cup of milk or cream and make a white sauce with the fat, flour and this liquid. Season with salt, pepper, a slight grating of nutmeg and a grain of cayenne. Add one-fourth cup of cold milk or cream to the well-beaten egg or yolks of eggs. Place the oysters in the white sauce and add to the egg mixture. Cook over hot water for three minutes, or until the eggs thicken, stirring all the time; remove from fire immediately to prevent separating. Serve with a border of puff-paste cakes, buttered toast or baking-powder biscuit. If liked, one-half tablespoon of lemon-juice may be added just as the oysters are taken from the fire.

FRIED OYSTERS

1 pint oysters
1½ cups milk
1 teaspoon salt
2 eggs
2 cups flour

Scald the oysters in their own liquor, and drain them thoroughly on a cloth. Make a batter with the milk, egg, flour and salt and dip the oysters in it. Fry a light brown, in deep fat (375°-390° F., two to five minutes) drain and serve. Seasoned bread-crumbs may be used instead of the batter.

OYSTERS COOKED IN THE SHELL

30 oysters in the shell
Butter
Salt
Pepper

Wash the shells thoroughly by scrubbing with a brush. Place in a baking-pan with the deep shell down. Set into a very hot oven (450°-500° F.) and bake until the shells open. Or, cover the pan, set it over a pot of boiling water, and steam until the shells open. Add a little butter, salt, and pepper to each oyster and serve immediately in the shells.

OYSTERS EN BROCHETTE

30 large oysters 6 slices toast ¼ pound bacon

Cut the bacon into thin strips and cut the strips into pieces an inch or an inch and a half square. String the oysters and bacon squares alternately on six long, slender steel skewers, being careful to run the skewers through the hard part of the oysters. Place the skewers across a narrow, deep baking-tin so that the oysters will hang down but not touch the bottom of the tin; leave space between the skewers so that the heat will pass evenly around them. Cook in a very hot oven (450°-475° F.) for five minutes, or long enough to crisp the bacon. Place a skewer on each slice of toast. Pour the juice in the pan over the toast and serve immediately.

BROILED OYSTERS

30 large oysters
Butter
Salt and pepper
Bread-crumbs, if desired

Dry the oysters on a towel; sprinkle them with salt and pepper and lay them in an oyster broiler (a fine-mesh broiler).

Brown on both sides. Serve on a hot plate with melted butter poured over them. The oysters may be rolled in bread-crumbs before broiling, if preferred.

OYSTERS WITH MUSHROOMS

1 cup oysters
1 cup cooked mushrooms (fresh or canned)
1½ cups milk
3 tablespoons flour
½ teaspoon salt
3 tablespoons butter or other fat
1 teaspoon onion-juice
½ teaspoon lemon-juice
2 egg-yolks or 1 egg

Drain the oysters and put them into a hot pan. Cook until the edges begin to curl, then remove to a hot dish. Make a sauce by adding to the oyster liquor the juice from the mushrooms, and enough milk to make a pint. Thicken this with the flour blended with the butter or other fat and cook two to five minutes. Add chopped mushrooms, onion-juice, lemon-juice and a little salt.

Beat the yolks of the eggs; add a little of the hot mixture, slowly, then all of it. Add the oysters, and cook over hot water until the sauce thickens, stirring constantly. Remove from the fire and serve at once.

BAKED OYSTERS WITH SPAGHETTI

¼ pound spaghetti
1 pint oysters
Salt and pepper
1 cup bread-crumbs
⅛ cup melted fat
1½ cups milk
2 tablespoons flour
2 tablespoons butter or other fat

Break the spaghetti into small pieces, boil it in plenty of salted boiling water until it is quite tender, and then drain. Scald the oysters in their own liquor, reserving the liquor. Oil a baking-dish, put in a layer of the spaghetti and then a layer of the oysters, season with salt and pepper, and repeat the layers until all the oysters and spaghetti are used, finishing with a layer of spaghetti. To the liquor from the oysters, add enough milk to make a pint, reserving a small quantity to mix with the flour. Scald the remainder, add the scalded milk to the moistened flour, stir well and cook twenty minutes in a double boiler. Take from the fire, add the melted fat and pour over the layers in the dish. Top with bread-crumbs mixed with

melted fat (see recipe for buttered crumbs), and bake in a quick oven (400°-450° F.) just long enough to brown the crumbs, about ten minutes.

OYSTERS SAUTÉED

30 oysters
Bread or cracker-crumbs
Salt and pepper
Fat for sautéing

Drain the oysters well, season with salt and pepper and roll in fine bread or cracker-crumbs. Place two or three tablespoons fat in a saucepan and when it becomes very hot drop in enough oysters to cover the bottom of the pan. When one side is browned, turn the oysters carefully to brown the other side. Add more fat as needed. The iron pancake griddle is often used for this purpose, when many oysters are to be cooked at one time. Serve very hot on toast.

SCALLOPED OYSTERS

1 pint oysters
2 cups soft bread-crumbs
¼ cup milk
6 tablespoons butter or other fat
Salt and pepper

Oil a baking-dish; put in a layer of crumbs, then a layer of oysters, butter or other fat in little pieces, salt and pepper. Repeat, ending with a layer of crumbs, with small pieces of fat dotted over them. Do not have more than two layers of oysters. Moisten with milk and oyster liquor mixed together. Bake in a moderate oven (350°-400° F.) until brown, about half an hour, and serve in the same dish.

OYSTER CASINO

30 oysters in the shell
Lemon-juice
Buttered crumbs
Pepper and salt
30 one-inch squares sliced bacon

Wash and open the oysters. Into each shell put a half-teaspoon of strained oyster liquor, a few drops of lemon-juice, then the oyster sprinkled with pepper and salt and covered with buttered crumbs. On each lay an inch square of bacon and set in a hot oven (400°-450° F.) for ten or twelve minutes. Shallow ovenware dishes, with the half-shells embedded in coarse salt, are excellent for this purpose. The salt keeps the shells from tipping during baking. Where shells are not available,

arrange the oysters for each portion in a shallow ramekin. These are excellent for Sunday-night supper or as a luncheon dish.

DEVILED OYSTERS

1 pint oysters
3 tablespoons butter or other fat
2 tablespoons flour
1 cup milk or cream
2 egg-yolks
Salt and pepper
1 tablespoon chopped parsley

Drain the oysters, chop them, not too fine, and drain again. Make a white sauce with two tablespoons of the fat, the flour and the milk, remove from the fire and add the beaten yolks, the salt, pepper and parsley, and then the oysters. Fill small ramekins with the mixture, sprinkle lightly with soft bread crumbs, dot with fat, arrange in a baking-pan, and brown in a quick oven (400°-425° F., about seven minutes).

Clams

Clams, like oysters, should be purchased in the shell whenever possible. The shell opens when the animal dies, making it easy to discard the bad ones. A dead clam is dangerous food.

If obtained the day before they are to be used, cover the clams with cold water and sprinkle corn-meal over the top of the water, using about one cup of corn-meal for a peck of clams. Let them stand over night.

To open clams steam in tightly covered vessel and if the clams are not to be served at once, remove them from the shells and drop them into cold water, to keep them from becoming tough. A peck will yield about a quart of clams without the shells.

Cut off the siphons of large clams,, as that part is very tough, and if the clams have not been treated with corn-meal, open the stomachs with a pair of scissors and scrape out the débris. Wash the clams well, to remove all sand.

CLAMS ON THE HALF SHELL

Small clams are served raw on the half shell, just as raw oysters are served. (See Index.)

CLAM COCKTAIL

Follow recipe for oyster cocktail. (See Index.)

CLAMS COOKED IN THE SHELL

STEAMED—

30 clams in the shell
6 tablespoons butter
Juice of ½ lemon
Salt and pepper

The hard-shell clam is used for steaming. Scrub the shell with a brush and wash free of sand in several waters. Steam the clams in a steamer for ten minutes, or until opened. While the clams are steaming, melt the butter and mix with the lemon-juice, salt and pepper. Lay a napkin on a hot platter and place the clams in their shells on this. Cover with a second napkin and serve. In eating, remove the clam from the shell and dip it into the sauce. The thin, tough part known as the neck or siphon is not eaten.

ROASTED IN THE OVEN—Prepare the clams as for steaming, put them into a pan, set the pan in a hot oven (400°-425° F.) and bake until the shells open. Remove the top shell, being careful not to spill the liquor. Arrange the clams in the half-shells on plates and on each place a piece of butter and a little pepper and salt. Add lemon-juice if desired. Serve immediately.

CLAM-BAKE ROAST—The seashore is the natural place for a clam-bake, but it is possible to have one at any place where there is a flat open space. Preparations should begin several hours before the time set for the meal.

Make a circle of flat stones—from two to four feet in diameter, according to the size of the party—and on this circle build a hot fire of wood. Let this burn for two or three hours. Then rake off the fire and cover the hot stones with fresh seaweed. On this lay fresh clams in their shells; also, if desired, oysters, potatoes in the skins, corn in the husk, and anything else that may be steamed. Cover with a thick layer of seaweed, and over all spread a large piece of sailcloth, fastening down the edges with stones. Leave for two or three hours; remove the cloth and the top layer of seaweed, and rake out the clams and other foods as needed.

The same materials may be cooked in a large kettle at home, using cheese-cloth between the layers, but will lack the fine flavor of the real clam-bake.

CREAMED CLAMS

1 cup clams
½ cup milk
½ cup clam-juice
2 tablespoons butter or other fat
2 tablespoons flour
6 slices toast
Salt and pepper
Parsley

Bake the clams in a pan, scalding them in their own liquor, or steam them and then remove from the shell, being sure to save the juice. Chop and add them to a white sauce made from the milk, clam-juice, flour, seasoning, and fat. Serve on slices of toast with parsley as a garnish.

DEVILED CLAMS

25 clams, fresh or canned
1 tablespoon butter or other fat
2 tablespoons flour
1 cup milk or cream
2 tablespoons bread-crumbs
2 egg-yolks
1 tablespoon chopped parsley
Salt and pepper

Drain the clams and rinse them in cold water. Make a white sauce with the fat, flour, and milk or cream, and put in the crumbs, the raw egg-yolks, and the parsley. Remove from the fire, add the chopped clams, pepper to taste and salt if needed, fill scallop or clam shells, or small ramekins, with the mixture, brush them over with beaten yolk of egg, sprinkle with bread-crumbs, and brown in a hot oven (400° F.).

FRIED SOFT CLAMS

Wash soft clams (fresh or canned) and drain them upon a soft cloth, wiping them dry. Then dip each clam first into beaten egg and next into bread-crumbs, and, if much breading is liked, dip them again into the egg and crumbs. Have a saucepan containing hot fat (390° F.) about an inch deep. If you have no thermometer, test the fat by dropping in a bit of the soft part of bread. It should color to a golden hue in from 40 to 50 seconds. Lay the clams in the fat, one at a time but as quickly as possible, and cook them until brown (about one to two minutes). Serve very hot.

SCALLOPED CLAMS

18 opened clams
6 large clams in shell
White pepper
2 tablespoons minced celery
48 very small dice of fat bacon
4 tablespoons cracker-dust
2 tablespoons butter or other fat

Have the clams opened carefully, so that the shells will not be broken. Clean the shells well with brush and water. Lay two clams in each half shell, dust with white pepper, and one-half teaspoon of minced celery, and add four of the bacon dice; cover with a very thin layer of cracker-dust, put a half teaspoon fat on top and bake in the oven (350°-400° F.) fifteen to thirty minutes.

Scallops

The nearly round, ribbed shell of the scallop is known to many who have never seen the scallop itself. Only those who live in seashore towns ever see the whole bivalve, as the non-edible portions are discarded before the edible part, the large adductor muscle, is sent to market.

FRIED SCALLOPS

1 pint scallops, fresh or canned
Salt and pepper
Cracker-crumbs
Beaten egg

Wash the scallops, drain them and dry them thoroughly. Season fine cracker-crumbs with salt and pepper, dip the scallops in beaten egg, then in the crumbs, and fry in hot fat 360° F., for two minutes. If preferred, they may be simply seasoned and rolled in flour and then fried. Serve with Tartar sauce.

BROILED SCALLOPS

Use recipe for broiled oysters. (See Index.) Either fresh or canned scallops may be used.

COLOR PLATE ON OPPOSITE PAGE
COURTESY THE CARNATION MILK COMPANY

CREAMED SCALLOPS

1 pint scallops, fresh or canned
1 pint thin white sauce

Wash and drain the scallops, add them to the sauce and cook about fifteen minutes in a double boiler.

Sea Mussels

Sea mussels are as agreeable to the taste as oysters, and may be eaten when oysters are out of season. Canned mussels are obtainable nearly everywhere. When fresh mussels are used, the shells may be opened by steaming, or with a knife. The horny "beard" must be removed and discarded.

PANNED MUSSELS

30 mussels in the shell
2 tablespoons butter
2 tablespoons flour
Cayenne
Salt and pepper
Lemon-juice

Wash the shell with a brush in cold water, and open by steaming. Remove the mussels from the shells, place them in a saucepan, add the butter, salt and pepper, cayenne, and a dash of lemon-juice. Mix the flour with an equal quantity of cold water and rub out all the lumps, then add more water to make it about as thick as rich cream. Pour in a thin stream into the hot mixture, stirring constantly. As soon as the boiling-point is reached, remove from the fire and serve. Mussels, like oysters and clams, are made tough by over-cooking.

FRIED MUSSELS

Use recipe for fried oysters. (See Index.)

CREAMED MUSSELS

Use recipe for creamed oysters. (See Index.)

Lobster

Lobsters are in season from June to September, and it is possible to obtain them at any time of the year. The shell of a live

lobster is usually a mottled dark green. Boiling makes the shells of all lobsters turn bright red.

Uncooked lobsters should be alive when purchased. In buying a boiled lobster, straighten its tail; if it springs back into place, the lobster was alive, as it should have been, when boiled.

To Boil and Dress a Lobster

Plunge the live lobster into boiling water, head downward. Add one tablespoon of salt, cover the kettle and keep it boiling. A medium-sized lobster will cook in about twenty minutes. Plunge it into cold water when done and when cool enough to handle, take the meat from the shell in the following order: Chop off the claws. Split the body lengthwise, remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and removed entirely.

Crack the claws and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which constitutes the liver, and the coral or spawn found in female lobsters. The spongy particles between the meat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

COLD LOBSTER EN COQUILLES, WITH MAYONNAISE

This is simply cold boiled lobster, served in the shell, a spoonful of mayonnaise, colored red with the coral of the lobster, being laid on top of the lobster meat and the whole served in a bed of lettuce leaves. Canned lobster meat also makes a very nice dish served with lettuce and mayonnaise.

BROILED LIVE LOBSTER

1 lobster
Salt and pepper
Melted butter

Kill the fish by inserting a sharp knife in its back between the body and tail shells, severing the spinal cord. Split length-

wise, remove the stomach and intestinal canal, crack the large claws and lay the fish as flat as possible. Brush the meat with fat; season with salt and pepper, place in a broiler, with the shell side down, and broil slowly until of a delicate brown. Twenty minutes is usually long enough. Turn the broiler and broil for ten minutes longer. Serve hot, with melted butter.

BAKED LIVE LOBSTER

Prepare as for broiling. Lay the lobster in a baking-pan, shell side down, season with salt, pepper and butter. Bake about forty minutes in a hot oven (400° F.), basting it twice with melted butter.

LOBSTER FARCI

2 lobsters
1 cup milk
1 tablespoon butter
1 tablespoon flour
2 tablespoons bread-crumbs
1 tablespoon parsley
Salt and pepper
Nutmeg
3 egg-yolks, hard cooked

Boil the lobsters and cut the meat into small pieces. In opening the lobsters be careful not to break the body or tail shells. Make a white sauce with the milk, butter and flour. Remove from the fire and add the crumbs, parsley, lobster, salt and pepper, a grating of nutmeg and the yolks of the eggs mashed very fine. Mix all well together. Wash the shells and wipe them dry, and with a pair of scissors cut off the under part of the tail shells. Join the large ends of both tail shells to one body shell, to form a boat-shaped receptacle. Put the lobster mixture into this boat, brush over the top with beaten egg, sprinkle lightly with bread-crumbs, and bake in a moderate oven (350°-400° F.) fifteen to thirty minutes.

CREAMED LOBSTER, SALMON OR TUNA

No. 1.

2 tablespoons butter or other fat
2 tablespoons flour
1 cup milk
1 teaspoon salt
1 teaspoon pepper
2 cups boiled or canned lobster, salmon or tuna

Make a white sauce with the fat, flour and milk. Add seafood cut into small pieces and the salt and pepper. Some cooks add a teaspoon of curry-powder.

No. 2.

- 2 cups fresh or canned lobster
- 1 cup milk
- 1 cup soft bread-crumbs
- 3 eggs
- 2 teaspoons anchovy sauce
- 3 tablespoons cream
- Salt, pepper and cayenne

Heat the milk and pour it over the bread-crumbs. When nearly cold, add the beaten eggs, the lobster chopped fine, anchovy sauce, salt and pepper, and a large pinch of cayenne. Stir well, then add cream. Pour into an oiled mold, cover with an oiled paper and steam one hour. Serve with anchovy or other fish sauce.

DEVILED OR SCALLOPED LOBSTER

- 2 cups fresh or canned lobster
- 1 cup soft bread-crumbs
- 1 hard-cooked egg
- 2 teaspoons lemon-juice
- Salt
- Cayenne
- Nutmeg
- 1 tablespoon butter or other fat
- 1 tablespoon flour
- 1 cup milk

Cut the lobster meat into dice. Add one-half cup of bread-crumbs, the egg chopped very fine and the lemon-juice, seasoning generously with salt and cayenne pepper and a grating of nutmeg. Make a white sauce of the fat, flour and milk. Add the white sauce to the lobster mixture to make a paste. Fill scallop-shells or shallow ramekins with the mixture, smooth the tops, sprinkle with remaining bread-crumbs and bake in a moderate oven (350°-400 F.) from fifteen to thirty minutes.

LOBSTER WITH CORAL SAUCE

No. 1.

- 1 medium-sized lobster
- 3 tablespoons butter or other fat
- 2 tablespoons flour
- 1 pint boiling water
- 2 tablespoons lemon-juice

Cut the meat of the boiled lobster into small pieces and mash the coral with a tablespoon of fat. Rub the flour and the rest of the fat to a smooth paste. Add boiling water and cook five minutes, then add the coral and butter and lemon-juice. Simmer for four minutes. Strain the sauce over the lobster meat, place the whole on the fire and boil up once.

No. 2.

1 medium-sized boiled lobster ½ pint drawn-butter sauce
Salt and pepper

Break up the coral and put it on a paper in a slow oven (250°-300° F.) for thirty minutes. Then pound it and set it aside. Chop the lobster meat, not too fine, and add it to the sauce, also putting in a pinch of the coral and salt and pepper to taste. The effect is spoiled if the lobster is cut too fine. The sauce should be like a creamy bed for the lobster. Serve in a shallow dish with the pounded coral sprinkled over the top.

Crabs

The blue crab, found on the Atlantic Coast and in the Gulf of Mexico, is about two and one-half inches long by five inches wide. The Dungeness crab of the Pacific Coast is much larger. Crabs go through a molting season, in the Spring and Summer. During the few days between the shedding of the old shell and the hardening of the new one, they are called soft-shell crabs. At other times, they are called hard-shell crabs.

Oyster crabs are tiny, almost transparent, grayish-white crabs found in the shells with oysters. They are often served in oyster stews.

Dressing Crabs

All uncooked crabs should be vigorously alive when purchased, or the meat is not good. To prepare them for cooking, proceed as follows:

Soft-shell Crabs—The back of the crab tapers to a point at each side. Lay the crab on its face, take one of these points between the thumb and forefinger of the left hand and pull the shell back about half-way. Pull off all the spongy substance which is thus exposed. Repeat the operation at the point on the opposite side. Pull off the tail (apron) which laps under the crab, and the spongy substance under it. Wash the crabs in cold water, and they are ready for cooking.

Hard-shell Crabs—Throw the live crabs head first into rapidly boiling water. After five minutes, add one tablespoon of salt and boil for thirty minutes. When cold, break off the apron, or tail. Take the crab in both hands, with the thumbs at the tail end, and pull the upper and lower shells apart. Dis-

card the material that sticks to the upper shell and pull off all the orange waxy material and white spongy substance between the halves of the body and at each side. The edible part of the crab lies in the two compact masses remaining, and in the small flakes that may be extracted from the large claws. The latter must be broken with a cleaver or hammer.

BROILED SOFT-SHELL CRABS

6 soft-shell crabs
¼ cup butter or other fat
2 tablespoons lemon-juice
Salt and pepper
¼ teaspoon cayenne
Flour

Prepare the crabs as directed. In a deep plate melt butter or other fat, and add lemon-juice, salt, pepper, and cayenne. Roll the crabs first in this mixture, then in dry flour. Place them in a double broiler and broil over hot coals eight minutes.

FRIED SOFT-SHELL CRABS

6 soft-shell crabs
Egg
Oil
Sifted bread-crumbs
Salt and pepper

Prepare the crabs as directed, dip them in beaten egg, then in sifted bread-crumbs seasoned with salt and pepper. Fry in deep fat (360° F.) three to five minutes. Or, sauté in a frying-pan with just enough fat to keep them from scorching. Turn so that both sides are cooked.

DEVILED CRABS

12 hard-shell crabs or 2 cups crab-meat
1 teaspoon mustard
1 teaspoon salt
3 tablespoons butter or other fat
1 cup milk or cream
2 tablespoons flour
1½ cups soft bread-crumbs
Nutmeg
½ tablespoon chopped parsley
½ tablespoon lemon-juice

Prepare the crabs as directed. Wash the upper shells thoroughly. Heat the milk or cream in a small saucepan; thoroughly mix the flour and mustard and two tablespoons of the fat and stir the scalded milk or cream into this mixture. Boil two minutes, remove from the fire and add the crab-meat and seasonings. Mix well, and put the mixture into six crab

shells. Sprinkle with the crumbs and place the remainder of the butter, cut in small pieces, on top of the crumbs. Cook on the grate in a hot oven (400° F.) until the crumbs are brown. Serve on a bed of parsley, garnishing with the claws.

CRAB COCKTAIL

Follow recipe for oyster cocktail. (See Index.)

CREAMED CRABS

12 hard-shell crabs or
2 cups canned crab-meat
1 tablespoon flour
½ cup milk
1 tablespoon butter or other fat
Salt and pepper
Cayenne

Prepare the crabs as directed. To white sauce made from the fat, flour and milk, add the shredded crab-meat and season with salt, pepper and cayenne. Serve very hot in individual cases, patty shells or on toast.

SCALLOPED CRABS

1½ cups crab-meat, fresh or canned
5 tablespoons butter or other fat
4 tablespoons flour
2 cups milk
Parsley
1 teaspoon onion-juice
Salt and pepper
1 cup soft bread-crumbs

Make white sauce of four tablespoons of the fat, flour and milk, add a little chopped parsley, onion-juice, salt and pepper. Mix this with the crab-meat and one-half cup bread-crumbs. Fill shells or ramekins, place crumbs on top, dot over with one tablespoon butter, and bake in a moderate oven (350°-400° F.) from fifteen to thirty minutes.

FRIED OYSTER CRABS

1 pint oyster crabs
Flour

Place crabs in sieve and hold under a cold-water faucet. Drain, roll in flour and fry in deep fat (360° F.) for two to three minutes, using a frying-basket. Drain on paper and serve on a napkin laid on a platter. Garnish with four lemon-baskets holding Tartar sauce. Or, fill pastry or paper cases with the fried crabs and serve very hot.

OYSTER CRABS AND WHITEBAIT

1 cup oyster crabs
1 cup whitebait
Flour

Mix equal quantities of oyster crabs and whitebait, both of which have been previously washed, drained and rolled in flour, and fry in deep fat (360° F.) for two to three minutes. Serve with Tartar sauce.

Shrimps and Prawns

Shrimps and prawns are very similar, but the prawn is larger than the shrimp; the former is often six or seven inches long, while the latter is seldom more than two inches.

To Prepare Fresh Shrimps, simmer them in salted water, wash and drain. Remove the shell carefully, also the black line that runs the length of the body.

CREAMED SHRIMPS

2 cups cooked shrimps, fresh or canned
2 tablespoons butter or other fat
4 tablespoons flour
2 cups milk
Salt and pepper

Make a white sauce with the fat, flour and milk, add shrimps, whole or broken into small pieces. When thoroughly heated, add seasoning and serve.

SCALLOPED SHRIMPS

2 cups cooked shrimps, fresh or canned
4 tablespoons butter or other fat
4 tablespoons flour
1 teaspoon mustard
1 cup bread-crumbs
2 cups boiling water
1 teaspoon lemon-juice
1 teaspoon salt
½ teaspoon pepper

Prepare shrimps as directed. Melt three and one-half tablespoons of the fat in a saucepan. Add the flour and mustard and beat until light. Gradually pour the hot water on this. Place the saucepan on a fire, and stir the contents until they begin to boil. Add the lemon-juice, salt and pepper, and cook for six minutes, then stir in the shrimps. Turn the mixture into a shal-

low scallop-dish, cover with the bread-crumbs and dot with the half-tablespoon of butter broken into little bits. Bake for twenty minutes in a moderate oven (350° F.).

DEVILED SHRIMPS

1 cup shrimps, fresh or canned
3 tablespoons butter or other fat
4 tablespoons flour
2 cups milk
3 hard-cooked eggs
Paprika
1 tablespoon chopped parsley
Few drops onion-juice
Buttered crumbs

Prepare shrimps as directed. Melt the fat, add the flour and stir until smooth. Add the milk, heat, stirring constantly, and when it begins to thicken, add the eggs, which have been put through the sieve. Cut the shrimps with a silver knife, and add to the sauce; season with the paprika, parsley, and onion-juice. Put the mixture in ramekins, cover with seasoned crumbs, and brown in a quick oven.

Fresh-Water Crawfish

Crawfish, or crayfish, look like lobsters, but are much smaller. They may be prepared and served in the same way as lobsters.

Cook the crawfish in boiling salted water, drain, and remove the shell. Take out the intestines by pinching the extreme end of the center fin and jerking it suddenly. This removes the gall-cyst, which is very bitter.

Frogs

Frogs' legs (hindquarters only) are considered quite a delicacy. The skin can be turned over and slipped off the legs, like a glove taken off inside out.

FRIED FROGS' LEGS

6 frogs' legs
1 egg
Lemon-juice
Salt and pepper
Fine bread-crumbs

Skin the legs and wash them in cold water; dry well on a towel or napkin. Season with salt, pepper and lemon-juice. Beat the egg, and season it with salt and pepper; dip the legs into

the egg, then into dried bread-crumbs or fine cracker-crumbs, plunge them into deep fat (390° F.) and fry two to three minutes. Use a wire frying-basket, if possible. Frogs' legs are served for breakfast or luncheon and for the latter meal they are accompanied by Tartar sauce.

Turtles and Terrapins

These animals should be alive when purchased. If the large southern variety, the soft-shell or snapping turtles are used, cut off the head and let the turtle lie in cold water one-half hour or hang on a hook with neck down until blood stops dripping. Then wash and drop into boiling water and cook for ten minutes. Pour off the water and cover the turtle with cold water, letting it stand until cool enough to handle easily; then with a towel rub the nails and black skin from the legs.

Wash the turtle carefully, place it in a saucepan covered with boiling water and simmer until the flesh is tender. This will be when the joints of the legs can be broken with a slight pressure, and the shells separate easily. It will take from thirty to sixty minutes. It should be cooked until the skin is like jelly. Remove the turtle from the water, and after it has cooled a little, place it on its back with the head away from you, and loosen and remove the under shell.

The liver, gall bladder and sand bag will be found near the head end, the gall being attached to the left side of the liver. Take out the gall as you would that of a chicken, being careful not to break it. Remove the entrails and throw them away.

Take out the eggs, if there are any, remove the slight membrane and drop them into cold water. Cut all the meat very fine, saving any water that may collect in the shells. The turtle is now ready to use in a stew or in other ways.

If terrapin is used, wash and plunge it alive into boiling salted water, and cook for about ten minutes. Then plunge it into cold water, rub off the toe nails and dark skin, place it again in salted boiling water and cook until the legs are tender, from thirty to sixty minutes. Clean the terrapin according to directions for turtles, but instead of throwing away the small intestines, cut them in very small pieces and use them for food. Discard the thick, heavy part of the intestines.

TERRAPIN OR TURTLE A LA KING

2 cups cooked terrapin or turtle meat
6 yolks hard-cooked eggs
2 tablespoons butter or other fat
2 cups cream or rich milk
Salt and pepper
Allspice
Nutmeg

Mash the yolks of the hard-cooked eggs and mix them with the fat. Put the cream or rich milk into a double boiler; when it is scalded, stir in the egg and fat mixture and beat till smooth; season with salt, pepper and gratings of allspice and nutmeg. Add the terrapin or turtle meat cut fine and simmer for ten minutes. Serve very hot. Terrapin is very often served in individual metal cups or saucepans with covers.

TERRAPIN WITH MUSHROOMS

1 pint cooked terrapin meat
1 pint medium white sauce
½ pint chopped mushrooms
Six slices toast

To white sauce add terrapin cut in inch pieces and chopped mushrooms. Cook in double boiler for twenty minutes, or until thoroughly hot. Serve on toast.

SHRIMP CREOLE

½ medium-sized onion, chopped
½ cup chopped mushrooms
2 tablespoons butter
2 tablespoons flour
1 cup mushroom broth
1 cup water
½ teaspoon salt
⅛ teaspoon pepper
Dash of cayenne
¼ teaspoon thyme
1 bay leaf
2 pimientos, chopped
2 cups cooked shrimps
4 wheat biscuits
Butter
3 sprigs parsley

Sauté onion and mushrooms in butter 3 minutes; stir in flour and cook 1 minute, then add liquid gradually and cook until thickened, stirring constantly. Add seasonings and shrimps and cook 5 minutes. Serve on wheat biscuits, cut in half lengthwise, toasted and buttered, and garnish with parsley, or in ring molds of rice or spaghetti.

MEAT

THE name meat is given generally to all edible flesh of animals used for food. The name beef is used for the flesh of adult cattle; veal for the flesh of calves under one year of age; pork for the flesh of swine; mutton for the flesh of adult sheep and lamb for the flesh of sheep from six weeks to one year old.

SELECTION OF MEAT

There are certain characteristics of good meat which serve as a guide to the purchaser. Flecks of fat all through the fibers indicate tenderness and flavor. Thin connecting tissue means a tender cut; thick tissue, a tough one. Meat well ripened or hung some time after slaughter is more tender than freshly killed meat. Meat of any kind should have a fresh odor and no dark, dry edges or spots.

Beef

Good beef should have a bright red color and a moist juicy surface when freshly cut; firm, fine-grained muscle; dry, crumbly suet, white in color; and a thick solid edge of straw-colored fat.

Veal

Veal should be at least six weeks old before slaughter. The sale of "bob" veal is prohibited in many states; it is soft and of poor flavor. Prime veal should be a faint pink color with little or no edge of fat. Flecks of fat in the meat should show a pinkish tinge. Milk-fed veal is particularly good.

Pork

Pork should have firm white flesh with a faint pink tinge. The fat should be clear white. Pork of dull appearance, with yellowish lumps through the meat or fat should be avoided.

Lamb and Mutton

Lamb may be distinguished from mutton by the bones. In young lamb, the bones are slightly streaked with red and the joint is serrated. The joint of mutton is smooth and round. Lamb or mutton should have a deep pink flesh, hard white kidney fat, thin edge fat of a pinkish tinge, and firm, fine-grained fibers. The outer skin and fat of mutton should be torn off before the meat is cooked.

Glands and Organs

Liver—Calf's liver is often considered most choice in tenderness and in flavor. Lamb's, however, is equally good and often cheaper in price. Pig's liver is good, and even beef liver is acceptable if properly prepared.

Because of its value as an iron-rich food, liver is used extensively in the prevention and treatment of anemia.

Kidneys—Calf's kidneys are best. Lamb's kidneys are good if the lamb is young.

Sweetbreads—Sweetbreads from the young calf or lamb are used. There are two kinds, those in the throat and those near the heart. Those near the heart are round and compact and are considered slightly more desirable than those in the throat. Sweetbreads spoil quickly, therefore they should not be kept very long.

Heart—Calf's and lamb's hearts are more tender than those from beef or mutton.

Tongue—Calf's and lamb's tongues are most desirable. The tongue of older animals may be used in some recipes.

Brain—Calf's brains are most desirable. Although a delicacy, there is so little demand for them that in many markets they may be purchased cheaply.

Tripe—A part of the stomach of a ruminant—that from the ox is the one usually used for food.

Amount of Meat to Buy for Each Person

Meat shrinks from one-third to one-half in cooking. Therefore allow one-fourth pound of meat without bone for each serving, and one-half pound of meat consisting of lean, fat and bone as a minimum for each serving.

Cuts of Meat

Animals dressed for market are divided lengthwise through the backbone into two parts, each of which is called a side. Each side is divided again into two parts, the forequarter and the hindquarter. Each quarter is then divided into smaller cuts which are sold in the retail market.

Comparative Cost of Various Cuts

As a general rule the price of the different cuts of meat is determined by considerations such as tenderness, grain, general appearance and convenience of cooking rather than by food values in terms of fat or protein, or the ease with which they are digested. The cheapest cuts for lean meat are the neck and the two shanks. The cheapest for general use are the shanks, plates and chuck. The cheapest cuts for fat and lean are the neck, shank and plate.

Beefsteaks, in the order of their economy as food, range as follows: chuck, round, flank, sirloin, and club or Porterhouse. Of the roasts of beef, the cheapest in terms of lean meat is the rump and most expensive is the first cut of the prime ribs. For stews and boiling, the neck and shank are less expensive than the rib ends and the brisket.

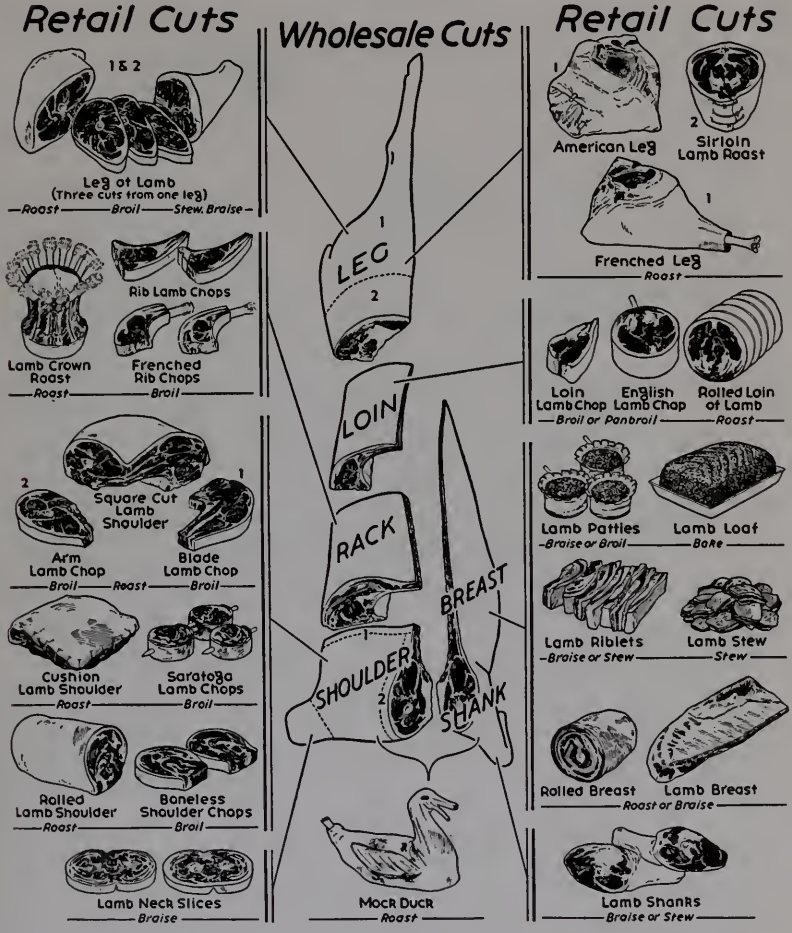
CARE OF MEAT IN THE HOME

As soon as meat comes from the market, the wrapping-paper should be removed, and the meat should be put on a granite or porcelain plate and placed in the refrigerator or other cool place.

Before cooking meat, wash quickly under running water, remove outer membrane and inspection stamp. In hot weather, if meat is to be kept any length of time and there is any danger of its spoiling, it may be seared on the outside on a hot griddle or may be plunged into boiling water and kept there for five minutes; lamb, mutton, or veal may be partly cooked. It should then be cooled as quickly as possible, uncovered, and put into the refrigerator or other cool place. If meat has become slightly "strong," it may be rubbed with salt and the salt wiped off

Meat Cuts and How to Cook Them

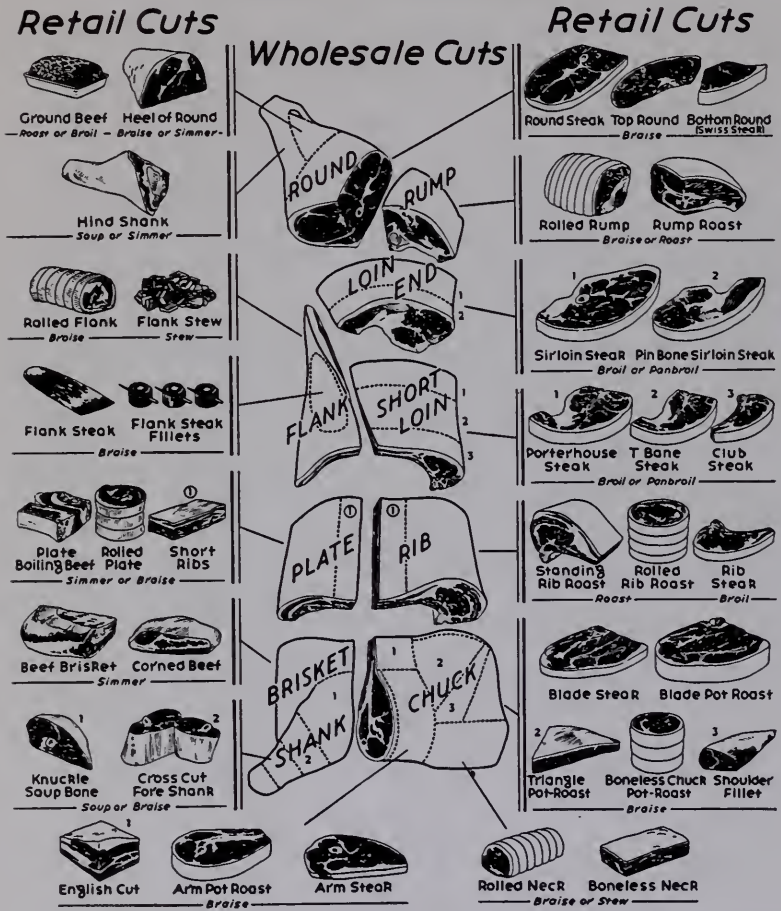
LAMB CHART



—National Live Stock and Meat Board

Meat Cuts and How to Cook Them

BEEF CHART



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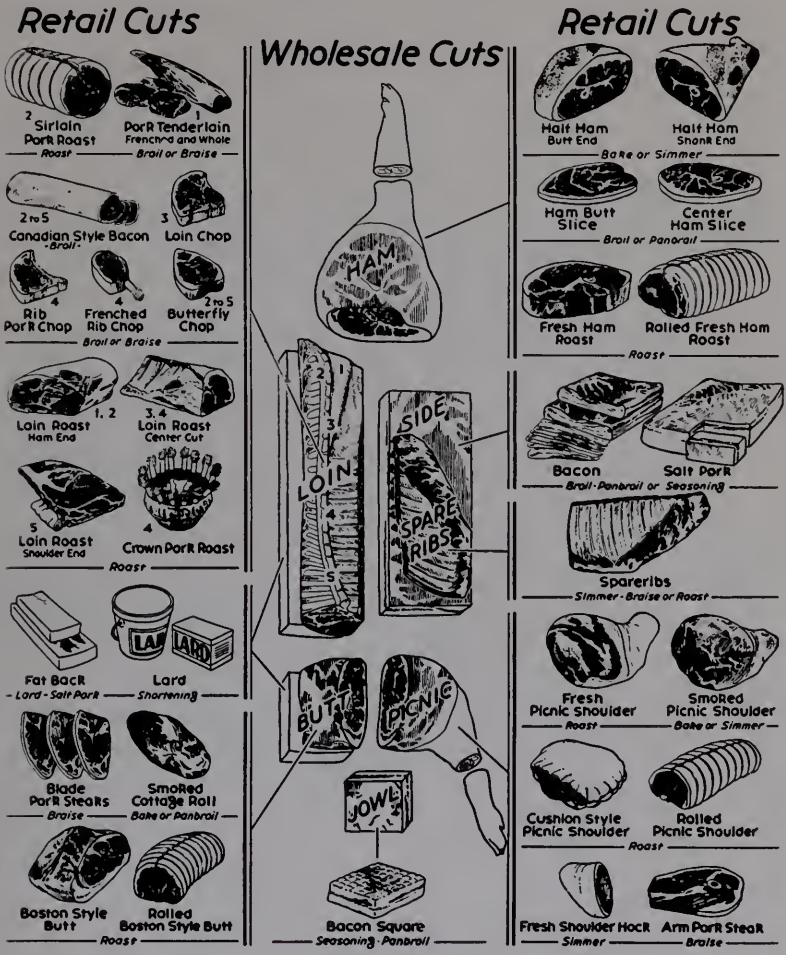
Meat Cuts and How to Cook Them

PORK CHART



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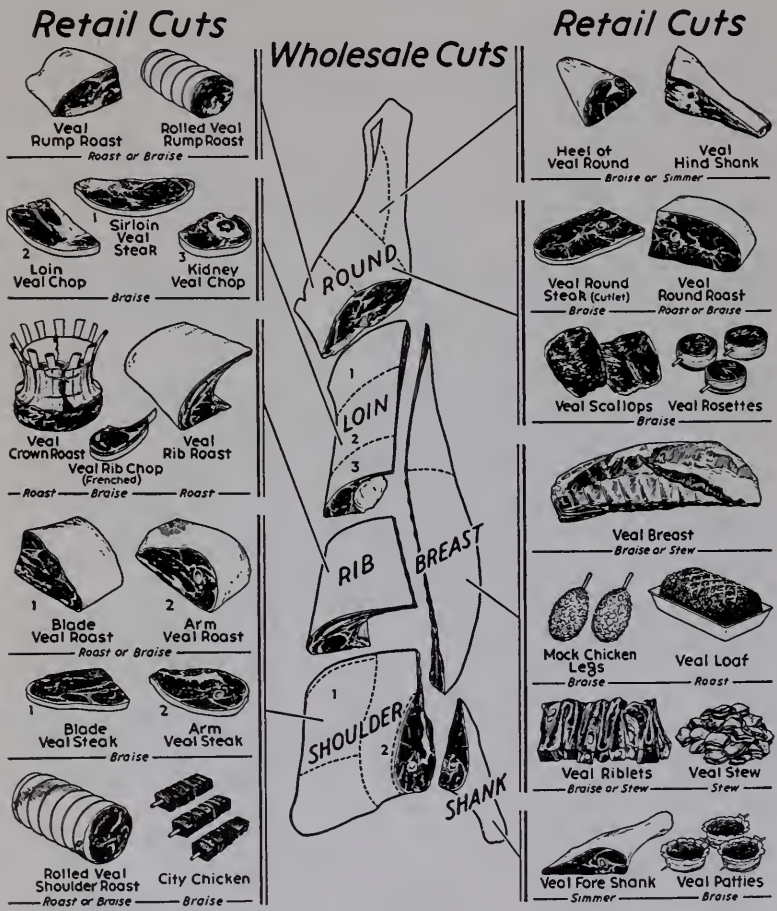
Meat Cuts and How to Cook Them

VEAL CHART



—National Live Stock and Meat Board

with a damp cloth, or the meat may be rubbed with soda, kept for a few minutes in boiling water, wiped with a damp cloth and then cooked.

METHODS OF COOKING MEAT

Meat is cooked to soften connective tissue, to develop flavor, to improve appearance and to destroy bacteria or other organisms. The method of cooking depends on the kind and quality of the meat to be cooked. Only tender cuts of meat can be cooked successfully by dry heat. Although as desirable in nutritive value and flavor, the tough cuts of meat require moist heat and long, slow cooking to make them palatable. Since meat is largely protein, even the tenderest cuts may be toughened and hardened by too high a temperature.

Searing—Both nutritive value and flavor are retained in meat by searing the surface at the beginning of the cooking. This may be done by plunging the meat into boiling water, by cooking it in hot fat, or a hot oven or over an open fire. The temperature should be reduced in a few moments.

Broiling—The meat is cooked over or under or in front of an open fire or other direct heat. It is usually placed on a greased broiler or gridiron near the coals or under the flame or heating unit. It should be turned often at first to sear the outer surface and retain the juices. Chops and tender steaks—porterhouse, sirloin and first or second cut of round—are the best for broiling.

Pan Broiling—Meat is placed in a hissing hot frying-pan and cooked without additional fat. It is turned as in broiling. The same types of meat are suited to pan broiling as to broiling.

Roasting—Meat baked in the oven is called a roast. The ribs or cuts from the loin or back of the rump make the best roasts. The bones may be removed and the meat rolled for a "rolled roast."

Boiling or Simmering—Boiling is not the correct word. "Boiled" meats, such as ham or corned beef, should be immersed in boiling water and then cooked at a temperature below the boiling-point (180°-210° F.).

Stewing—The meat is cooked in a small amount of water at a low temperature for a long period of time. Meats cooked in this manner are first seared in hot fat or boiling water to retain the juices. Tough cuts containing much connective tissue

KINDS OF CUTS AND HOW TO USE THEM

KIND OF MEAT	NAME OF CUT	LOCATION	CHARACTERISTICS	USE
BEEF (tender)	Prime ribs	Forequarter—last six ribs of quarter	Good quality	English rib roast
	Sirloin	Hindquarter—first rib of quarter to hip or rump	Choice meat, contains porterhouse, club, T-bone, Delmonico and sirloin cuts	Steak Roast
	Tenderloin	Hindquarter—inside sirloin	Choicest quality	Steak, Fillet roast
	Flank	Hindquarter—below sirloin	Less juicy and tender than sirloin, good quality	Stewed, dressed, or baked Steak, rolled, stuffed, baked Skirt, rolled, stuffed, baked
BEEF (tough)	Neck	Forequarter—next head	Juicy but tough	Soup, Stew, Mincemeat, Corned
	Shoulder	Forequarter—next neck and above foreleg	Thick solid meat, coarse quality	Potroast, Swiss steak Corned beef
	Shank or Shin	Forequarter—foreleg	Bone and gristle	Soup, Stew
	Chuck or Clod (part of the chuck)	Forequarter—joins shoulder, all but last six ribs of quarter	Blade, undercut, chuck roll, fair quality of meat	Potroast, Braized beef, Casserole dishes, Boiled
	Brisket or Plate (thin part of the brisket)	Forequarter—below and just back of foreleg	Fat and lean meat of coarse quality	Boiled, Stew, Soup Potroast, Corned
	Rump	Hindquarter—behind sirloin and next tail	Solid meat, juicy, good flavor	Roast, Potroast Braized, Stewed, Boiled
	Round	Hindquarter—top of hind leg	Solid meat, upper portion tender	Roast, Steak
	Aitchbone	Hindquarter—between round and rump	Upper portion solid meat, good quality	Roast, Braized, Stew
	Navel			Corned
VEAL	Breast or shoulder	Forequarter—below neck	Ribs and solid meat, good quality	Boned to roast or use in casserole

KINDS OF CUTS AND HOW TO USE THEM

KIND OF MEAT	NAME OF CUT	LOCATION	CHARACTERISTICS	USE
VEAL *(Continued)*	Neck	Forequarter—next head	Bones, gristle with little meat	Stew
	Foreleg or knuckle	Forequarter—below shoulder	Bone and sinew with little meat	Veal loaf, Jellied veal
	Leg	Hindquarter—hind leg above knuckle	Good meat, little waste	Roast, Broiled, Deep pan fried
	Loin	Hindquarter—next hind leg	Choice meat	Loin chops, Roast
	Rack	Hindquarter—ribs	Much bone and fat	Rib chops, Roast
PORK	Ham	Hindquarter—portion above hind leg and back of ribs	Solid meat, little bone	Roast, Baked, Broiled, Pan fried, Boiled
	Loin	Hindquarter—ribs	Sweet tender meat, much bone	Roast, Chops, Steak
	Spare rib	Hindquarter—middle under loin and above belly	Good flavor, fat	Roast
	Flank or side	Hindquarter—belly	Fat streaked with lean	Bacon
	Shoulder	Forequarter—above foreleg	Bone, much meat, good flavor	Boned Stuffed and roasted
	Shank or hock	Both quarters—lower legs	Bone, skin, fat and little meat	Pickled, Smoked, Boiled
MUTTON OR LAMB	Leg	Hindquarter—upper leg to hip	Fine quality, large bone	Roast Boiled. May be boned
	Loin	Hindquarter—between hind leg and ribs	Choice meat	Chops Roast
	Rack	Forequarter—ribs	Meat and bone good quality	Crown roast, Roast, Chops
	Breast	Forequarter—below rack	Loose-grained meat	Stuffed, Roasted
	Shoulder	Forequarter—below rack	Good quality, much bone	Roast
	Shank	Forequarter—lower front leg	Bone, gristle and meat	Stew, Broth
	Neck	Forequarter—next head	Bone, gristle and meat	Stew, Soup

are best cooked by this method which softens both tissue and fiber.

The best cuts for stews are those containing both fat and lean and some bone. The shank is the most economical of all cuts for this purpose. Other cuts used are the neck, plate, flank, heel of the round and the short ribs. The brisket and the rump are sometimes used. Occasionally a cut like the round is used, as in beef à la mode.

In making stews, one-fourth pound of clear meat or one-half pound of meat and bones should be allowed for each serving. One to two potatoes, one to two medium-sized carrots, one small onion, one-fourth medium-sized turnip and one stalk of celery may be used for each person served. Any or all of these may be omitted.

Braising—Use a thick-walled kettle or frying pan. Brown sliced onion and snip of garlic in a small amount of fat and sear meat thoroughly in this. If cooking is to continue on top of stove, leave meat in the kettle. For oven finishing, transfer to casserole or baking dish. Season, add a small amount of water or tomato juice and simmer. Pot roast is the most familiar braised meat.

Frying and Sautéing—Some meats, such as chops and cutlets, may be crumbed and fried in deep fat. Ham, liver and some other meats are sometimes sautéed in a small amount of fat at low temperature, after the first searing.

Pressure Cooking—utilizes live steam in a special kettle.

Fireless Cooking—continues cooking with no additional heat.

Cooking Glands and Organs—All glandular organs require careful cooking at low temperature. Overcooking toughens them and destroys their delicate flavor, making them almost tasteless.

Beef

BROWNED BEEF BRISKET

6 pounds beef brisket
Celery salt
Garlic
6 or more medium-sized boiled potatoes
Salt and pepper

If the piece has much bone, part may be removed for soup, stock, or gravy to be used with the meat when warmed over. Simmer the solid part of the meat in a little water until tender,

with a dash of celery salt and garlic added, turning it once during the cooking, which will take not less than three hours for the amount given. Remove the meat from the liquor; place it in a shallow pan with skin side up, and score several times across the top. Have boiled potatoes (hot or cold) in readiness and drop them into the kettle to take up some of the fat; then place them around the meat and brown all in a hot oven (400°-450° F.) about ten to twenty minutes. Make a gravy with the remaining liquor and serve separately. The meat should slice as firmly as cheese and be tender and appetizing.

BRISKET WITH ONION SAUCE

3 pounds beef brisket
1½ cups boiling water
Soup greens
Cloves
Peppercorns
Salt
1 egg
Crumbs
½ cup green onions
2 tablespoons fat
2 tablespoons flour
1 tablespoon minced parsley

Wipe the meat with a damp cloth, and tie it into a compact shape with strips of cloth. Place it in a deep kettle with the boiling water. Add a bunch of soup greens, several cloves and peppercorns. Simmer until the meat is tender, adding more water if necessary. Put in salt when the meat is partly cooked. When the meat is tender take it from the liquid, remove the cloth, and place the meat in a shallow baking-dish. Beat the egg and spread it over the beef, then sprinkle with coarse crumbs and brown under a flame or in a hot oven (400°-450° F.). Cut up the onions and brown them in the fat. Make a brown sauce of the fat and flour with 1½ cups of the liquid in which the meat was cooked. Add the parsley and serve the sauce in a gravy dish.

TO CORN BEEF

Neck, brisket and navel are usually used. Rub the beef with salt and pack it in a clean hard wood barrel or crock. Pour over it the following pickle, enough for twenty-five pounds.

2½ pounds salt
½ pound sugar
½ ounce saltpeter
4½ quarts water

Mix the pickle thoroughly, boil it, remove the scum, and cool the liquid. Place a heavy weight on top of the meat to

keep it in the brine. The meat may be left in the brine for a month, but it is at its best after ten days of curing.

BOILED CORNED BEEF

6 pounds corned beef
1 carrot
Butter
1 onion
Vinegar

Soak the meat one hour in cold water. Drain, put into a kettle with carrot and onion, using enough cold water to cover well. Add to each quart of water one teaspoon of vinegar. Simmer until tender. Thirty to forty minutes for each pound is a fair allowance of time. Let it remain in the liquor twenty minutes after it is done. Then drain and serve. Butter rubbed over the meat just before serving improves corned beef prepared in this way.

OLD-FASHIONED BOILED DINNER

6 pounds corned-beef brisket
1 cabbage
3 white turnips
4 carrots
6 potatoes
6 beets
Vinegar

Put the meat into the pot over a brisk fire with enough cold water to cover it. Bring it rapidly just to the boiling-point, then remove the scum, reduce the heat and simmer until tender (three to four hours). About three-fourths of an hour before it is to be served, skim the liquid free from fat. Put a portion of the liquid into another kettle with the cabbage which has been cleaned and cut into sections, the turnips, carrots, potatoes and beets prepared and cut into uniform pieces, and boil until tender.

BEEF STEW WITH DUMPLINGS

1½ pounds shank, neck, plate, flank, rump or brisket
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
1 small onion
⅓ cup cubed carrots
⅓ cup cubed turnips
4 cups potatoes, cut in quarters

Wipe meat, remove from bone, cut in cubes of about one and one-half inch. Mix flour with salt and pepper and dredge the

cubes of meat with it. Cut some of the fat from the meat and heat in a frying-pan. When part of the fat has tried out, add the cubes of meat and brown the surface, stirring constantly to prevent burning. Put this meat, with the melted fat in which it was browned, into the stew-kettle. Add enough boiling water to cover the meat or a pint of tomatoes, stewed and strained, and simmer until the meat is tender (about three hours).

The carrots and turnips are to be added during the last hour of cooking, and the potatoes twenty minutes before serving time. Fifteen minutes before serving time, add the dumplings to the stew.

DUMPLINGS—No. 1.

2 cups flour
4 teaspoons baking-powder
1 cup milk
1 teaspoon salt
2 tablespoons fat

Sift together the dry ingredients. Cut in the fat and add the milk slowly. Drop by spoonfuls on top of the stew, cover tightly and cook twelve minutes. Dumplings must rest on the meat and potatoes and must not settle into the liquid. Do not uncover the dumplings until they have steamed twelve minutes.

These dumplings may be steamed in another kettle, as in following recipe.

No. 2.

2 cups flour
4 teaspoons baking-powder
½ tablespoon fat
1 teaspoon salt
¾ cup milk

Sift together the dry ingredients and rub in the fat. Add enough milk to moisten the flour, but do not make the mixture too wet. Roll out the dough on a board, making it about one inch thick, and cut with a biscuit cutter. Put the pieces on a plate in a steamer and steam twenty to thirty minutes. It is better not to steam the dumplings over the stew, as the rapid boiling required reduces the gravy too much. These dumplings may be cooked on top of the stew, as in the recipe above, but they will be lighter if steamed.

BEEF À LA MODE

4 pounds beef round
Salt-pork lardons
2 tablespoons beef drippings
1 onion
1 carrot
½ bay-leaf
1 clove
Parsley
Pepper and salt

Bind the beef with twine or strips of cloth to make it circular in shape. Lard it with strips of salt pork. Dredge with flour and brown on all sides in the beef drippings. Place it in a kettle with the vegetables and seasonings, half cover with boiling water and simmer until tender (four or five hours). Keep the kettle tightly covered and add more water if necessary. Remove the meat from the kettle, skim off as much fat as possible from the liquid, and thicken the liquid, using two tablespoons flour for each cup of liquid. Serve this as a gravy with the meat.

BEEF GOULASH

3 pounds beef chuck
Vinegar
Summer savory
⅓ cup fat
1 teaspoon salt
½ teaspoon paprika
8 onions

Cook the onions slowly in the fat. Cut the beef into cubes or slices and sprinkle with vinegar and a little savory. Add the salt and paprika. Add the cooked onions, cover tightly, and simmer for about two hours. The liquid may be increased just before serving by the addition of a little beef stock, or cream, either sweet or sour.

SAVORY BEEF

2 pounds beef, plate, shank, rump or round
3 large onions, sliced
3 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme or Summer savory
1 pint brown stock or boiling water and meat extract
2 tablespoons vinegar
1 tablespoon catchup

Brown the onions slowly in the fat. Increase the heat. Cut meat into sizes desired for serving, add it to the onions, and brown. Mix the flour and the dry seasonings. Sprinkle this

mixture over the meat. Add the stock, vinegar and catchup. Cover closely. Simmer until meat is tender, allowing at least two hours for shank or plate and one and one-half hours for rump or round.

POT ROAST

- 3 to 4 pounds chuck, round, rump or brisket
- Flour
- 3 tablespoons fat, preferably from salt pork
- 1 cup sliced carrots
- 1 cup sliced onions
- 1 cup chopped celery
- 1 cup sliced turnips

If the meat is not in a solid piece, skewer or tie it into shape, wipe it with a damp cloth and roll it in flour. Heat the fat in a frying-pan or Dutch oven. Put in the meat and brown on all sides. If the frying-pan is used, transfer the meat, after it is brown, to a kettle deep enough to hold the beef and vegetables when the cover is on. Cover tightly and let simmer slowly for from four to five hours, turning twice. Add the vegetables at the end of four hours' cooking. After removing the meat and vegetables, thicken the gravy by adding one to two tablespoons of flour mixed with cold water for each cup of broth.

SMOTHERED BEEF

- 3 pounds rump or clod
- Flour mixed with salt and pepper
- 3 large onions sliced
- 3 tablespoons fat
- 2 tablespoons mild prepared mustard
- 1 teaspoon celery seed
- 1 cup strained tomatoes or ½ can tomato soup

Dredge the meat with flour and brown it in a heavy pan. Brown the onions in the fat; add the mustard, celery seed and tomatoes. Pour this sauce over the meat and simmer three hours or more.

SWISS STEAK

- 2 pounds steak cut 2½ inches thick from shoulder, clod, or other tough section
- ½ cup flour
- 2 tablespoons fat
- Few slices onion
- Salt and pepper
- ½ green pepper chopped fine
- 2 cups boiling water or 1 cup water and 1 cup strained tomatoes

Season the flour with salt and pepper and pound it into the meat with a wooden potato-masher, or the edge of a heavy

THE PROPER POT ROAST IS A SQUARE CUT OF CHUCK, RUMP OR ROUND

A HEAVY METAL POT WITH A TIGHT COVER AND GRILL IS THE PROPER SETTING FOR BRAISING THE ROAST

BROWN THE MEAT CAREFULLY ON ALL SIDES—SEASON AS YOU BROWN

SLIP THE GRILL UNDER THE ROAST AND ADD A SMALL AMOUNT OF WATER OR TOMATO JUICE

COVER CLOSEL
AND SIMMER OVE
LOW HEAT, RE
NEWING LIQUI
OCCASIONALLY

ADD VEGETABLES, COVER CLOSELY AND PREPARE FOR A LUSCIOUS DINNER

—U. S. Bureau Home Economics

plate. Heat the fat and brown the meat in it. Add the onions, green pepper, boiling water and tomato. Cover closely. Simmer two hours. This may be cooked in a casserole in the oven. It would then be braized. Other vegetables may be added if desired.

STUFFED STEAK

2 pounds flank or round steak
1 cup crumbs
½ cup stock or water
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped onion
1 small turnip, diced
½ cup chopped celery
1 small carrot, diced
Flour

The meat should be cut from one-half inch to one inch thick. Wipe the steak, remove the skin and lay the meat out flat on a board. Make a dressing of the crumbs, stock or water, salt, pepper, chopped onion and a small amount of celery and spread it on the meat. Roll the steak with the grain, so that when it is cut it may be cut across the grain of the meat. Place the diced vegetables in a roasting-pan and on them lay the rolled steak. Add two or three cups of water, depending upon the size of the pan. Cover and bake in a slow oven (350° F.) for three hours, or until tender.

If you prefer to cook this meat on top of the stove, melt one-half cup of suet in the bottom of a flat-bottomed iron or heavy aluminum kettle, flour the meat thickly and lay the roll in the kettle. Turn from side to side until it is well browned, then add hot water nearly to cover, and simmer slowly for three hours.

When the meat is cooked, remove it from the kettle or roasting-pan and thicken the broth, using one to two tablespoons of flour to each cup of gravy.

BRAISED OX-TAIL

1 ox-tail (cut in two-inch pieces)
2 tablespoons fat
2 small onions
1 carrot
1 tablespoon chopped celery
2 tablespoons flour
1 cup hot water
1 cup tomatoes
3 bay-leaves
3 whole cloves
Salt and pepper

Sauté the pieces of ox-tail in the fat. Add the sliced onion, and carrot and the chopped celery, and brown all together.

Sprinkle with browned flour. Add the hot water, tomatoes, bay-leaves, cloves, salt and pepper. Put into a casserole and cook slowly (350° F.) until the meat falls from the bones.

BRAISED BEEF

2 to 3 pounds brisket or round of beef
Drippings or other fat for sautéing
2 tablespoons butter or other fat
1 chopped onion
1 chopped carrot
1 tablespoon chopped parsley
½ cup diced celery
1 cup canned tomatoes
Salt and paprika

Cut the meat into cubes; brown in hot frying-pan with drippings. Stir the meat so it will cook quickly and not lose its juices. Tender cuts can be cooked whole. Remove the pieces to a closely covered kettle that can be used either on top of the range or in the oven. Rinse the pan with a quarter cup of boiling water to save all browned bits, and pour this over the meat. Cover tightly and cook slowly for two hours.

For the Sauce, melt butter or other fat and brown the onion and carrot in it. Add parsley, celery and tomatoes. Heat thoroughly. Add seasonings. Pour the sauce over the meat and continue cooking for another hour.

BEEFSTEAK PIE

2 pounds rump, flank or chuck steak
Pie paste
Chopped onion
Salt and pepper
Sliced potatoes
Butter or other fat
Flour
Egg

Cut the meat into strips two inches long by one inch wide. Put them with the bone, just cover them with water and simmer about an hour. Line the sides of a baking-dish with pie paste; put in a layer of meat with a few thin slices of onion, and sprinkle with salt and pepper; next add a layer of sliced potatoes, with bits of butter dotted over it. Alternate the steak and potato layers until the dish is full. Thicken the gravy with browned flour and pour in, put on a top crust, brush it with beaten egg and bake at 450° F. until quite brown—about thirty minutes.

ROAST BEEF WITH YORKSHIRE PUDDING

In preparing beef for roasting, trim it carefully then skewer and tie it into shape. Rub the lean parts with drippings and rub the whole with salt, pepper and flour.

Place the standing or rolled rib roast fat side up in an open roasting pan. Then the roast will baste itself. Insert meat thermometer so that bulb reaches the center of the largest muscle, taking care that it does not rest on the fat or bone. Roast in a slow oven (300-350° F.) or, if a brown crust is wanted, start in hot oven (500° F.) for 20 minutes, then reduce to 300° F. until done as desired. The thermometer will read 140° F. for rare, 160° F. for medium, 170° F. for well done. The time per pound needed is 18-22 minutes for rare; 22-25 for medium and 27-30 for well done. For making gravy, see page 314.

YORKSHIRE PUDDING—

1 cup flour	1 cup milk
½ teaspoon salt	2 eggs

Put flour, salt, milk and eggs together in a bowl. Beat well with a rotary egg-beater. Pour drippings to the depth of one inch into a shallow pan. Have the drippings hot and pour in the mixture quickly. Bake for one-half hour in a hot oven (400°-425° F.). The pudding may then be placed under the trivet that holds the roast beef and left for about fifteen minutes to catch the gravy that flows from the roast. If a trivet is not used, cut the pudding into squares and lay them around the roast in the pan. Serve the pudding with the beef.

FILLET MIGNON

Beef fillet	Salt and pepper
Salt pork	Flour
Butter or other fat	

The fillet is the under side of the loin of beef, the tenderloin. The skin and fat should be removed with a sharp knife, and also every shred of muscle and ligament. If the fillet is not then of a good round shape, skewer it until it is so. Lard the upper surface with strips of fat salt pork and rub the entire surface with soft butter or other fat. Dredge well with salt, pepper and flour, and place the fillet, without water, in a small

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pan. Bake for fifteen minutes on the lower part of a very hot oven (550° F.) then reduce the heat to 350°-400° F. and bake on the grating from twenty to fifty minutes longer. Serve with mushroom sauce.

BROILED STEAK

All steaks to be broiled, except "minute" steaks, are best cut at least an inch thick. A cut one-fourth of an inch thick is popularly known as a "minute steak" because it is very quickly cooked through. It can be cut in strips, rolled and skewered.

The object of cooking steak is to secure complete retention of juices. This is done by searing the outside at a high temperature without continuing the process so long that the meat becomes dry and toughened. The temperature should be high enough at first to form a thin crust over the surface. This prevents the escape of the juices and develops a rich brown color and an appetizing flavor. The heat is then lowered and the interior of the meat cooks in its own juices.

Wipe the steak carefully and remove any unsightly bits of meat or fat. Heat the broiler and place the meat in it. Sear one side, turn it and sear the other side. Reduce the heat and continue the cooking, turning the meat as often as the juice begins to appear on the upper surface. (See Table III, page 9 for cooking periods.) Remove the steak to a hot platter and baste it with melted butter. Season with pepper and salt.

Broiled steaks may be served with maître d'hôtel sauce, mushroom sauce, tomato and mushroom sauce, Bordelaise sauce or Victor Hugo sauce. Wrap small rolled steaks with bacon.

PAN BROILED STEAK

Prepare the meat as for broiled steak. Heat an iron frying-pan very hot. Sprinkle it with salt. Place the steak in the pan, searing it first on one side and then on the other. Be careful in turning not to pierce with a fork. After both sides are seared, reduce the heat and continue the cooking, turning constantly. Serve in the same way as broiled steak.

With Onions.

Slice onions into water and drain. Place in a shallow saucepan, cover closely, and cook over a slow fire for fifteen or twenty minutes, till tender. No water or fat should be used,

START WITH YOUR THERMOMETER AT THE HEART OF THE ROAST AND YOU NEED NEVER WORRY ABOUT THE PERFECT FINISH

—National Live Stock and Meat Board

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as the onions contain both moisture and richness. Pan-broil the steak. Put the onions into the pan in which the steak was cooked and brown them. Serve steak with onions around it.

With Oysters.

1 quart oysters
1 tablespoon sifted flour
3 tablespoons butter or other fat

Set the oysters, with a very little of their juice, over the fire; when they come to a boil, remove any scum and stir in the fat in which the sifted flour has been rubbed. Boil one minute, pour over the steak and serve at once.

PLANKED STEAK

1 tender steak, 2 inches thick
Duchess potatoes
Various kinds of cooked vegetables
Butter
Minced parsley
Salt
Paprika

Trim the fat and make outline of the steak even. Sear it on both sides on a hot griddle or pan, using no fat, or on a broiler. Cook fifteen minutes, turning frequently. Oil a heated plank (see directions for planked fish), place the steak on the plank, and arrange border of Duchess potatoes around it. Arrange other cooked vegetables, such as stuffed tomatoes or green peppers, small boiled onions, peas, string beans and cubes of carrot or turnip, around the steak, also, so that the board is entirely concealed. Place the plank in the oven until the potato border is browned and all the vegetables are heated through. After removing it from the oven, spread the steak with butter into which has been rubbed minced parsley, salt and paprika. Send to table upon the plank.

HAMBURG STEAK

2 pounds chopped beef
¼ pound suet
Butter
Onion-juice
Flour
Salt and pepper

Have the butcher chop the beef and suet together twice. Press it into a flat steak about three-fourths of an inch thick, sprinkle with salt, pepper, a little onion-juice and flour. Broil on a fine wire broiler or sauté in a little fat. Spread with butter

and serve on a hot dish. This steak is sometimes shaped into small, thin, flat cakes. When it is sautéd, a gravy may be made by thickening the juices in the pan, to which a little water has been added. Two tablespoons of melted butter and one tablespoon minced onion mixed with the meat and seasonings improves Hamburg steak.

BAKED HAMBURG STEAK

1½ pounds chopped beef
2 cups bread soaked in milk
1 small onion, minced
1 tablespoon butter or other fat
2 eggs
4 hard-cooked eggs
1 cup tomatoes
½ cup sliced onion
Salt, pepper, ginger

Have the meat put through the grinder twice. Add the bread, the onion, seasonings to taste and the two uncooked eggs, well-beaten. Arrange the hard-cooked eggs end to end across the middle of the meat and roll the meat mixture around them. Place the roll in a baking-pan, pour over it a sauce composed of the tomatoes, sliced onions, butter or other fat and water, and bake in moderate oven (350°-375° F.) for about two hours, basting frequently with sauce. In serving, slice the roll crosswise. The hard-cooked eggs may be omitted.

BEEF BALLS

1½ pounds beef from the shank
⅓ cup bread-crumbs
3 tablespoons soft fat
1 cup stock
1 egg
Flour
Salt and pepper
1 teaspoon lemon-juice
Nutmeg

Put the meat twice through a food-chopper, add bread-crumbs, salt, pepper, lemon-juice, a little nutmeg and the beaten egg. Shape into balls lightly and let them stand for half an hour or more to become firm, then roll them in flour and brown them in the frying-pan with the fat. Take out the meat balls, add to the fat a tablespoon of flour and a cup of stock. Season well, put the meat balls into this mixture, cover the frying-pan closely and simmer for an hour and a half.

BEEF LOAF

1½ pounds chopped beef
2 eggs
1½ cups bread-crumbs
2 tablespoons chopped parsley
½ teaspoon pepper
2 teaspoons salt
Additional seasonings to suit, such as chopped celery or onion, poultry seasoning, a dash of thyme, savory, sage, etc.

Chop the meat. Mix it thoroughly with one unbeaten egg, bread-crumbs, chopped parsley, pepper and salt. Turn into a bread pan until almost filled. Press a hollow with spoon and drop an egg into the opening. Season, cover egg and continue to fill pan. Bake 40 minutes in hot oven (400° F.), basting every 8-10 minutes with stock or butter in hot water. Garnish with parsley or watercress and serve hot with mushroom sauce or onion sauce. It is simple to serve cold with horse-radish sauce.

SCALLOPED CORNED BEEF

2 cups cooked corned beef cut into cubes
1 cup medium white sauce
1 stalk celery
2 slices onion
Buttered bread-crumbs

Cook chopped celery and onions in the sauce. Put the corned beef in a shallow baking-dish and add the sauce. Sprinkle with buttered bread-crumbs. Cook fifteen to thirty minutes in a moderate oven (350°-400° F.).

BEEF MIRONTON

Sliced cooked beef
1 cup bouillon or
1 cup water mixed with canned tomato sauce
Salt and pepper
6 onions
1 to 2 tablespoons fat
1 tablespoon flour
2 tablespoons vinegar
Bread-crumbs

Slice the onions and brown them in fat in a frying-pan. Add the flour and brown. Then add the vinegar, and the bouillon or the water and tomato sauce. Cook together until slightly thickened, stirring constantly. Season with salt and pepper. Smother the slices of beef in the sauce for a few minutes. Pour into a baking-dish; sprinkle some bread-crumbs over the top and bake for ten minutes in a hot oven (400° F.).

FRICASSEE OF BEEF

Sliced cooked beef
2 tablespoons flour
3 tablespoons fat
1½ teaspoons salt
½ teaspoon pepper
2 cups water
1 teaspoon onion-juice

Season the meat with salt and pepper. Make a sauce of the fat, flour and water, and remainder of the seasonings. Add the cold meat and cook gently for three minutes, if it is rare beef, mutton or game; if the meat is veal or poultry, it may cook longer. Serve on a hot dish with a border of rice, mashed potatoes or toast.

BEEF HASH

2 cups chopped cold roast beef or steak
2 to 4 cups chopped boiled potatoes
1 cup beef gravy or hot water
4 tablespoons butter or other fat

Put the fat into a frying-pan and then put in the meat and potato, salt and pepper, moisten with beef gravy or hot water and cover. Let it steam or heat through throughly, stirring occasionally to mix it evenly and also to keep it from sticking. When done, it should be neither watery nor dry, but just firm enough to stand well when dished. If a drier hash is liked, reduce the liquid, and after the hash has been thoroughly heated through remove the cover and allow the hash to brown. If onion is liked, fry two or three slices in the fat before the hash is added, or mix a little chopped onion with the meat and potatoes.

CORNED BEEF HASH

2 cups chopped corned beef
2 cups chopped cooked potatoes
Salt and pepper
½ cup milk or water
2 tablespoons butter or other fat

Mix beef and potatoes together lightly and season. Pour the milk into a frying-pan with half the fat and, when this is warm, turn in the hash, spreading it evenly and placing the rest of the fat, cut in pieces, on the top. Cover the pan and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Do not stir

the hash. Fold it as an omelet is folded and place it on a warm platter. This slow process of heating the hash gives it a flavor that can not be obtained by hurried cooking.

CREAMED DRIED BEEF

½ pound dried beef
2 tablespoons butter or other fat
2 cups milk
4 tablespoons flour
Pepper
1 egg

Place the butter or other fat and one and one-half cups of milk in a small frying-pan. When hot, add the beef, shredded. Cook three minutes. Rub the flour smooth in one-half cup cold milk, add a dash of pepper and stir into the beef. As soon as it thickens, draw the pan back, simmer five minutes, add the well-beaten egg and serve at once. The hot gravy will cook the egg sufficiently. The egg may be omitted.

Veal

VEAL POT PIE

3 pounds veal
2 onions
Salt and pepper
5 potatoes

The neck, ends of ribs, knuckle, breast or shoulder may be used. Cut the meat into two-inch cubes and place them in a kettle with the onion, salt and pepper, and just enough hot water to cover them. Simmer until the meat is tender, about an hour usually being sufficient. Strips of salt pork are sometimes cooked with the veal and add much to the flavor. Half an hour before serving, add the potatoes, cut in halves, and cook them with the meat.

Place dumplings around the edge of a platter and with a skimmer lift the meat and potato from the kettle and lay them in the center. Thicken the gravy in the kettle with a little flour stirred to a thin smooth paste with water. Pour the gravy over meat and dumplings. (The Index will tell you where to find the recipe for dumplings.)

BRAISED VEAL

5 pounds veal
2 tablespoons butter or other fat
1 tablespoon sliced onion
Salt and pepper
4 cups boiling water

The breast, neck, shoulder, ends of ribs or knuckle may be used. Heat the fat and onion in a kettle. Season the veal with salt and pepper, put it into the kettle and sear it on all sides until brown. Pour over it the boiling water and cover tightly. Set the kettle in a slow oven (350° F.) and bake for two and one-half hours. Serve either hot or cold. If served hot, make a thickened sauce of the liquor in the kettle. When cold, the gravy will form a jelly to serve with the cold meat.

VEAL PIE

2 pounds veal
Puff paste or other rich paste
2 tablespoons flour
2 tablespoons fat
1 teaspoon salt
Pepper

Cut the meat into small pieces and stew until tender. Line a baking-dish with paste. Set a small inverted cup in the middle of the dish. Put in the meat, dredge it with flour, add fat and seasoning, and nearly cover with the stock in which the meat was cooked. Cover with paste. Bake thirty minutes in a quick oven (450° F.). If one-half pound of good salt pork or ham is cut in thin slices and parboiled with the veal, a nice flavor is added and very little, if any, butter need then be used, nor is any other salt necessary. Hard-cooked eggs cut in slices and arranged in layers on the veal and ham are an addition to this dish. When serving, lift the inverted cup and let the gravy flow back into the dish.

VEAL CUTLETS WITH CREAM GRAVY

2 pounds veal cutlets
Salt and pepper
Egg
Bread or cracker-crumbs
Drippings
1 cup milk or cream
1 tablespoon flour

Wipe the cutlets, sprinkle with salt and pepper, dip them first in beaten egg and then in fine bread or cracker-crumbs, and sauté in drippings until brown. If preferred, they may be cut

into small pieces of similar size and pounded with a rolling-pin until little more than a quarter of an inch in thickness and then egged and crumbed and sautéd. The cutlets should be thoroughly browned on both sides. Place them on a platter, add cream to the gravy in the pan, and thicken slightly with flour rubbed to a smooth paste with a little cold water. They may be served with slices of bacon. Tomato sauce may be used instead of milk sauce.

VEAL CUTLETS AND SOUP

3 pounds veal shank
Crumbs
Salt
Egg
Butter or other fat
Parsley
3 cups brown stock
A few peppercorns
Celery salt
½ cup diced potatoes
½ cup diced turnips

Cook a veal shank in boiling salted water until tender. Remove as much meat as possible from the bone and cut the pieces to resemble chops. Season the veal well. Roll in crumbs, egg and crumbs again, and sauté in butter or other fat. Garnish with parsley.

For the soup, take the remaining portion of the shank and put it into a kettle with the stock, peppercorns, salt, celery salt, and any other seasonings desired. Add the potatoes, turnips, and a little parsley. Cook for one-half hour.

VEAL COLLOPS

2 pounds veal
Egg
Cracker-crumbs
Salt and pepper

Cut the veal in pieces the size of an oyster, dip in beaten egg, roll in cracker-crumbs and season with salt and pepper. Fry in deep fat (375°-400° F.).

VEAL AND HAM

½ pound sliced ham
1½ pounds veal cutlets
Salt and pepper

Fry the ham, using no fat unless the meat is unusually lean. Remove the ham and place on the serving-dish. Cook the veal in the juices left from the ham, frying without covering until

it is a deep brown. Put the veal on the same dish with the ham, add a little water to the gravy, season with salt and pepper, and pour it, without thickening, over the meat.

ROAST VEAL

4 pounds veal
Salt and pepper
Flour
Fat or salt pork or bacon

A roast may be cut from the leg, the loin, the rack, or the shoulder, or the breast may be boned for a roast. A fillet of five or six pounds from the heaviest part is the most economical for roasting. If the leg is used, it should be boned at the market, and the bone should be used for stock. Stuffing improves many roasts of veal (see recipes below).

Wipe the meat, dredge with salt, pepper and flour and place it in a pan, with some fat. Roast for fifteen minutes in a very hot oven (500°); then reduce the heat to 350° and allow twenty to thirty minutes for every pound of veal. Unless cooked in double roaster, baste every twenty minutes, using the liquid in the bottom of the pan as soon as there is sufficient for basting. Make a gravy from the drippings, using one tablespoon flour and one cup water to one tablespoon of drippings.

ROLLED VEAL LOIN

6 pounds loin of veal
½ pound sliced boiled ham
2 hard-cooked eggs
1 raw egg
1 cup bread-crumbs
¼ teaspoon chopped thyme
1 teaspoon chopped parsley
Grated rind of one lemon
Salt and pepper
Drippings
Stock or water

Have the kidney end of the loin carefully boned and cut into a long shape like a flap. Line it with slices of boiled ham and hard-cooked eggs. Remove all the skin and fat from the kidney, chop fine and mix with fine bread-crumbs, chopped thyme, parsley, the grated rind of a lemon, pepper and salt. Bind together with egg and spread it over the veal on top of the sliced ham and eggs. Roll the piece and tie or fasten tightly with skewers. Roast in a very hot oven (500° F.) for fifteen minutes, then reduce the heat to 350° F. and cook for one hour or more, basting with plenty of fat to prevent its drying. Then put some good stock in the pan with the veal to a depth

of two inches, cover the pan and allow the veal to stew gently two or three hours. Serve with brown sauce. Rolled veal is good cold.

STUFFED BREAST OF VEAL

4 pounds breast of veal
1 cup bread-crumbs
2 slices fat salt pork
¼ teaspoon pepper
1 teaspoon sweet marjoram
1 teaspoon thyme
1 teaspoon salt

The butcher will prepare the veal for stuffing, if requested to do so. If he has not done so, make an incision between the ribs and the meat. Fill this cavity with stuffing made from the bread-crumbs, pork, sweet marjoram, thyme, salt and pepper. Roast, following directions for roast veal.

VEAL LOAF

2½ pounds veal, knuckle or shin
¼ pound salt pork
2 teaspoons salt
1 teaspoon chopped onion
1 cup cracker-crumbs
1 cup water or stock
1 egg
½ teaspoon sage
2 tablespoons butter or other fat

Chop the veal and pork very fine and add salt, onion, crumbs, one-half of the water or stock, the egg and sage. Mix all well together. Oil a small pan and press the mixture into it like a loaf, making it about six inches high. Cook for two and one-half hours in a moderate oven (350° F.) basting with the remainder of the water or stock, in which the butter or other fat has been melted. This may be served hot or cold. If served hot a white sauce may accompany it.

JELLIED VEAL

A knuckle of veal
½ onion
Few slices carrot
Stalk of celery
Salt and pepper

Place the veal in boiling water, and simmer until tender, together with the carrot, onion and celery. Remove the veal from the liquid and cool both. When the meat is nearly cold, cut it into tiny cubes, or chop it fine; remove the fat from the broth, reheat the liquid and stir the veal into it, adding salt

and pepper, and other seasoning if desired. Pack the hot mixture into a mold, cover with oiled paper, cover and let stand until set. Slice thin and serve cold.

BARBECUED ROAST

3 or 4-pound roast—lamb, mutton, pork or beef
½ cup salad oil
2 tablespoons vinegar
1 cup water
⅓ cup flour
4 cups beef stock
¾ teaspoon dry mustard
Dash pepper
⅛ teaspoon celery salt
Salt to season, about 1 teaspoon

Select meat which can be easily sliced across the grain. Mix salad oil and vinegar together and let meat stand in the mixture overnight. Place meat in a baking dish, add water and mixture in which meat was marinated. Bake, uncovered in a 350° F. oven for 1½ to 2 hours or until tender. Baste several times during the roasting period and turn once so meat will be browned on both sides. Add additional water, if necessary. About ½ hour before serving time, remove ⅓ cup fat from the baking dish, to a skillet, blend in flour and cook until flour is brown. Add beef stock or its equivalent in canned soup or dissolved bouillon cubes, gradually, stirring constantly. Add remaining seasonings. Serve sliced, in a heated covered dish, with sauce in a separate hot bowl—for 6 to 8 persons.

PORK CHOPS WITH BARBECUE SAUCE

6 pork chops
Barbecue sauce

Wipe the pork chops with a damp cloth and dust with flour. Sear on both sides until browned, then place 1 tablespoon sauce on each chop. Reduce heat, cover and cook slowly 5 to 8 minutes. Turn chops and place 1 tablespoon of sauce on other side. Cover and cook slowly until tender. Serve with sauce.

Barbecue Sauce

4 tablespoons minced onion
1 cup tomato purée
¾ cup water
3 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 tablespoon salt
1 teaspoon paprika
1 teaspoon chili powder
½ teaspoon pepper
¼ teaspoon cinnamon
Dash ground cloves

Combine all ingredients in order listed. Heat to boiling and use as directed above.

Mutton and Lamb

The flavor of mutton may be reduced by rubbing the meat with lemon-juice or by putting slices of lemon in the water in which the mutton is boiled. Mutton marinated in oil and vinegar or in spiced vinegar becomes very tender. The marinade also tends to absorb or neutralize the mutton flavor. Mutton may be served rare, but lamb should be well cooked. Mutton should always be served very hot, with caper sauce, mint sauce, tart jelly or spiced fruit.

BARBECUED LAMB or MUTTON

6-pound leg lamb
2 teaspoons salt
Flour
1 onion, sliced
1 cup water
½ cup catchup
2 tablespoons A-1 sauce
2 tablespoons Worcestershire sauce
¼ teaspoon cayenne

Wipe leg of lamb with damp cloth, rub with salt and dredge with flour. Place in a roasting pan and surround with onion. Combine remaining ingredients, mix well and pour over meat. Roast in a 350° F. oven 30 minutes for each pound. Baste every 20 minutes with the sauce. Serves 8.

MUTTON STEW

2 pounds neck, plate or shoulder of mutton
2 pounds potatoes
6 onions
Salt and pepper
3 to 4 cups hot water

Cut the mutton into small pieces and arrange in a stew-pan. Sprinkle with salt and pepper, and add the hot water. Cover closely and let the stew simmer for one hour, shaking the pan occasionally. Add the potatoes and onions, peeled and sliced, and cook another hour. Serve very hot. If desired, dumplings may be served with this stew (see Index for recipe).

BRAISED LEG OF MUTTON

1 leg mutton
2 tablespoons drippings or other fat
½ cup each celery, carrots and onions, finely chopped
3 cups vinegar
½ teaspoon each of powdered thyme and marjoram
3 cups water
½ dozen cloves
1 clove of garlic
2 tablespoons chopped parsley
1 dozen peppercorns
½ bay-leaf
Salt
1 pint sour cream
½ pint stock

Sauté the celery, carrots and onions in the fat until light brown, add the vinegar and water, and cook until the vegetables are soft. When this mixture is cool, pour over the leg of mutton, which should be carefully covered and which, for this reason, should be in a dish just large enough to hold it. Add seasonings. Allow the mutton to lie in this mixture for twenty-four hours. Upon removing it, drain quite dry and bake in a moderate oven (350°-400° F.) for thirty minutes. Then pour the sour cream and stock around it and cook until tender, basting frequently. Reduce the liquor in which the meat was soaked to a small amount, strain it and pour it over the meat.

ROAST LEG OF MUTTON

1 leg of mutton Flour Salt and pepper

Wipe the mutton with a damp cloth, remove the outside skin and excess of fat, sprinkle it with salt, pepper and flour, and place on a rack in a roasting-pan. Set in a very hot oven (500° F.). After fifteen minutes, reduce the heat to 350° F. for the rest of the cooking period. Allow eighteen to twenty minutes to a pound for roasting. When the meat is done, remove it from the pan. Also remove all except one tablespoon of the fat. In this, brown two tablespoons flour, add one and one-half cups boiling water, and stir constantly until it thickens. Cook two minutes. Season to taste and strain. Serve as gravy.

MUTTON CHOPS

6 mutton chops Oil Salt and pepper

Mutton chops should be not less than one inch thick. The best way to cook them is to broil them. Sprinkle with salt

and pepper, oil on both sides and broil, turning very often. Have them slightly underdone, and serve on a hot chop-dish, garnishing with French fried potatoes and sprigs of parsley.

If preferred these chops may be breaded. Select chops with little fat, or trim off the fat, dip them in well-beaten egg, roll in cracker-crumbs, and fry in deep fat (375°-400° F.). Serve with tomato sauce.

ROAST SADDLE OF LAMB OR MUTTON

1 saddle of mutton or lamb Flour Salt and pepper

Wipe the meat thoroughly, sprinkle with salt and pepper, and dredge with flour. Place on a rack in a roaster and bake an hour or more, according to size, basting every fifteen minutes. Heat the oven to 500° F. for fifteen minutes. Then reduce to 350° F. Serve with mint sauce or currant jelly. The gravy in the pan should be served with this dish.

ROAST CROWN OF LAMB OR MUTTON

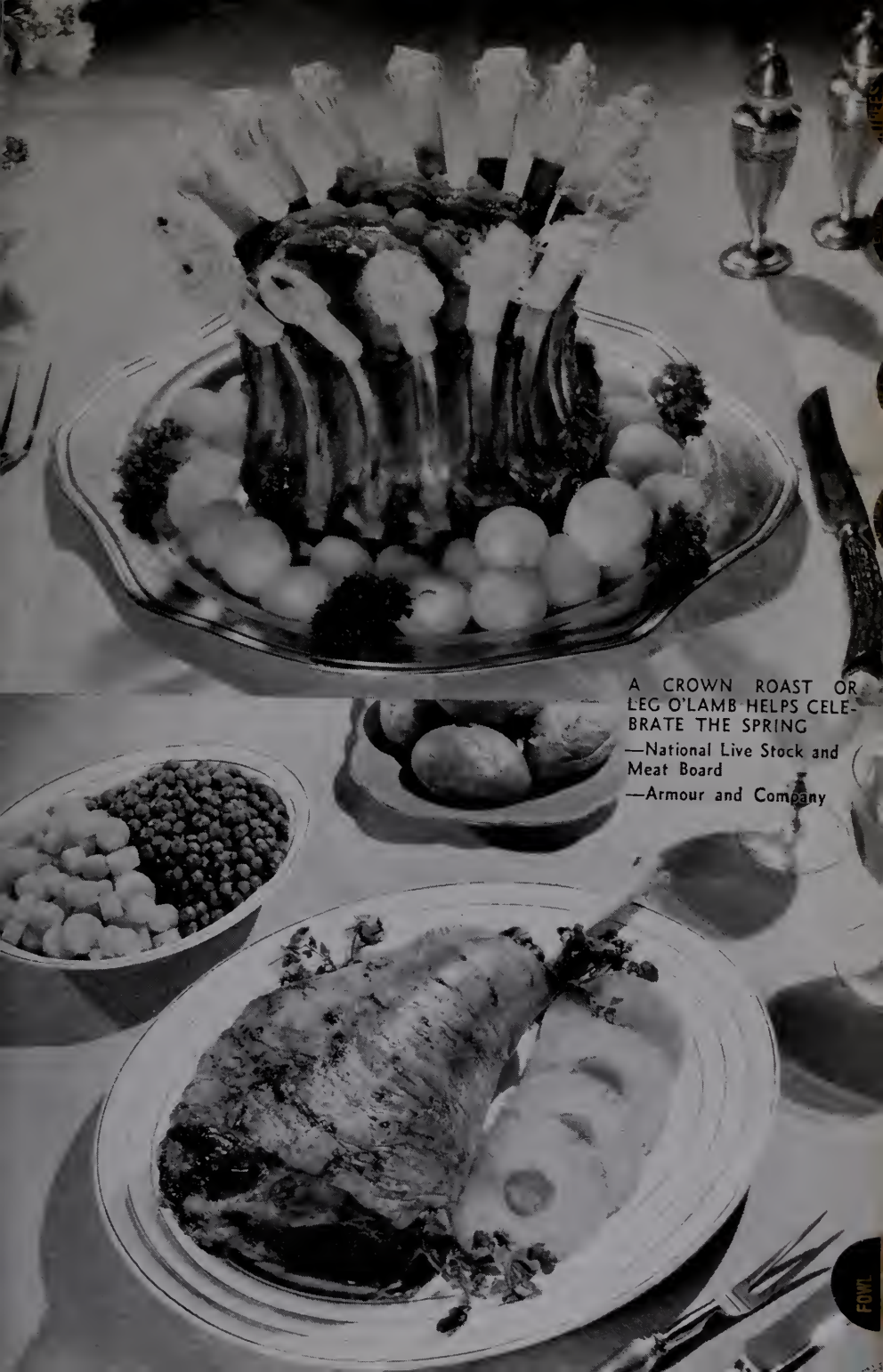
1 crown lamb or mutton
Salt
Salt-pork cubes
Green peas
Mashed potatoes

A crown is composed of two or three sections of the loin containing the rib chops, the ends of the ribs having been scraped as for French chops and the sections sewed together so that the ribs curve upward and outward. These ends should be of the same length. To prevent the ends of the bones from charring while roasting, cap each one with a small cube of salt pork. Dissolve a teaspoon of salt in a half cup of water and pour over the roast when in the pan. Set in a very hot oven (500° F.) for fifteen minutes. Then reduce to 350° F. Allow twenty to twenty-five minutes per pound. Remove the cubes of pork and cover the ends of the bones with small frilled paper caps. Fill the center of the crown with mashed potatoes and surround with green peas.

LAMB OR MUTTON CUTLETS

2 pounds loin cutlets Flour Salt and pepper

Trim the cutlets and remove the fat, dip them in cold water, season with pepper and salt and sprinkle flour on both sides.



A CROWN ROAST OR LEG O'LAMB HELPS CELEBRATE THE SPRING

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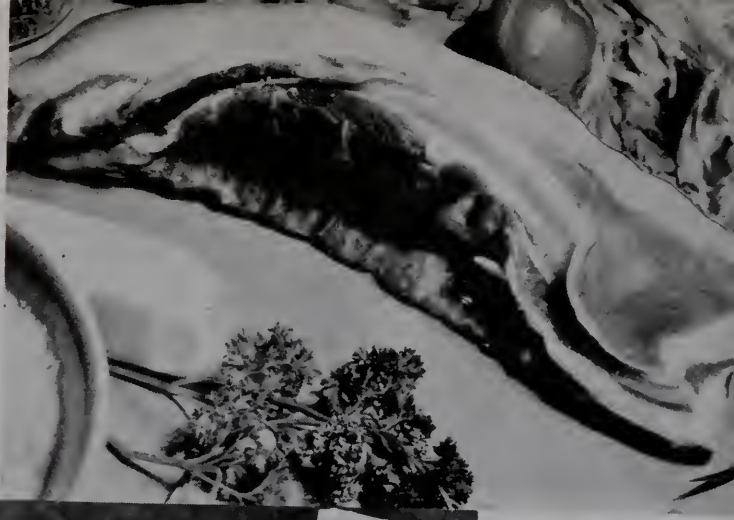


BREAST OF LAMB READY FOR STUFFING.

ROAST ON RACK, NO COVER, NO WATER. SERVE WITH STUFFED ONIONS

—U. S. Bureau Home Economics

Wet the inside of a thick saucepan with cold water, leaving about two tablespoons of the latter in the pan. Lay the cutlets in flat, place over a gentle fire and simmer for one hour or more, turning the cutlets when half done. Unless cooked slowly, the cutlets will not be tender or good. Season and serve with pan gravy. A little water may be added to the gravy, if necessary.

ROAST LAMB

6 pounds lamb
Salt and pepper
Flour

For roasts, the familiar "leg" (which is the hind leg) is used, also the loin, the rack (from the rack comes the crown roast), the plate, the breast and chuck.

Wipe the meat, dredge with salt, pepper and flour and roast on a rack in a slow oven (300° F.) allowing 25-30 minutes per pound for medium cooked or 30-35 minutes for well done. The internal temperature will be (175°-180° F.). Roast need not be basted. Serve on a hot platter with mint sauce.

If the roast is from the breast, stuff with Bread Stuffing No. 3.

BRAISED LEG OF LAMB

1 leg lamb
Cracker-crumb stuffing
½ onion
1 carrot
1 turnip
½ bay-leaf
1 sprig each thyme and parsley
¼ cup drippings
3 cups hot water
1½ teaspoons salt
12 peppercorns

Have the leg of lamb boned. Wipe, stuff with cracker-crumb stuffing, sew and place in a deep pan. Cook the sliced onion, the diced carrot and turnip, bay-leaf, thyme and parsley in the drippings for a few minutes. Add the hot water, salt and peppercorns, and pour the mixture over the meat. Cook in the oven (350° F.) for two hours, with the dish covered. Then remove the cover and cook for thirty minutes. Make a brown gravy out of the strained broth in which the meat has been cooked.

FRENCH LAMB CHOPS

French chops are made by scraping the meat and fat from the bones of rib chops for a little distance from the end. Broil

them over a quick fire, season with salt and pepper, and serve at once.

They may be sautéd or fried. When cooked in this way, they are breaded—that is, seasoned with salt and pepper and dipped in beaten egg and then in cracker-crumbs.

BROILED BREAST OF LAMB

1 breast of lamb
Salt and pepper
Butter or other fat

This is a very delicious dish, but the broiling must be done carefully. If the fire is too bright, the meat will soon scorch. Turn the inside of the meat toward the fire and broil very moderately; turn the meat often. When done, spread thinly with butter or other fat and season with salt and pepper.

The breast of lamb is sold in most markets with the foreleg attached; this should be cut off before the piece is broiled, because it is thick in comparison with the rest of the piece and therefore is difficult to cook sufficiently by broiling.

LAMB STEW

Follow directions for mutton stew or veal pot pie.

Pork

ROAST LEG OF PORK

1 leg of pork
Salt and pepper
Flour
Onion, if desired

Score the skin in squares or in parallel lines running from side to side. Sprinkle the meat with salt and pepper, dredge lightly with flour and roast. Have the oven heated to 500° F. for the first fifteen minutes. Then reduce to 375° F. Allow twenty-five minutes to a pound. Make a gravy from four tablespoons of the fat in the pan, four tablespoons of flour and two cups of hot water. Season with salt and pepper. A small onion roasted in the pan with the meat is a great addition. It takes off the "piggy" flavor that may be disagreeable and noticeable in old pork.

The loin and the shoulder of pork may be roasted, also.

ROAST SPARERIBS

Pork spareribs
Salt and pepper
Flour
Bread-crumbs
Powdered sage (may be omitted)
Minced onion
Butter or other fat

Trim the ends of the ribs neatly, crack them across the middle, and sprinkle with salt and pepper. Cover the meat with greased paper and put into a very hot oven (500° F.) for fifteen minutes. Then reduce the heat to 375° F. Leave the paper on until the meat is half done; then remove the paper and dredge the meat with flour. Ten minutes later, baste with butter, or other fat, and afterward baste every fifteen minutes with the gravy. This is a necessity, as this meat is very dry. Allow twenty-five to thirty minutes per pound. Just before taking the pork from the oven, strew its surface with bread-crumbs mixed with the seasonings. Cook five minutes, and baste once more. Make the gravy as directed for roast leg of pork, strain, and pour it over the meat, or serve in a gravy-dish. Sauerkraut is often served with spareribs.

Spareribs may be filled with Bread Stuffing No. 4, using twice the amount of the stuffing recipe. In this case, the ribs are cracked crosswise the entire length in two places, the stuffing is placed in the center and the two ends are folded over and tied.

CROWN AND CANDLE ROAST OF PORK

1 crown of pork
Cubes of salt pork
Mashed potatoes
Steamed apples
Salt and pepper
Cranberries

Select ribs of a young pig and have the butcher make a crown, like a crown roast of lamb or mutton. Cover the tip of each bone with salt pork. Roast as spareribs are roasted, and serve with mashed potatoes inside the crown and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed, rather than baked, to preserve their color. Remove the cubes of salt pork and cap each bone with a large cranberry, or with a paper frill. See Roast Crown of Lamb. For a candle roast, leave ribs unrolled.

SAUTÉED PORK CHOPS

Pork chops are delicious sautéd. They require from twenty to thirty minutes. Some cooks sprinkle a little powdered sage over them, as well as salt and pepper, and thicken the gravy with flour. Sautéd apples are delicious served with the sautéd pork chops. Tomato sauce is good also.

PORK PIE

2 or 3 pounds thick end of loin of pork
1 cup stock or water
Plain pie paste
Salt and pepper
1 or 2 tablespoons catchup
Parsley
Onion

Cut pork into thick slices three inches long by two wide. Put a layer on the bottom of a pie-plate and sprinkle chopped parsley and onion, salt and pepper over it. Repeat until the dish is full and then pour in stock or water and catchup. Put a strip of good plain paste around the edge of the dish, cover with the paste, cut an opening in the center, and set the pie in a hot oven (450° F.). When the crust rises and begins to color, place the pie in the bottom of the oven, put a piece of paper over it and bake at a lower temperature (350° F.) for two hours. Often the meat is partly cooked before the crust is put on.

FRESH PORK WITH VEGETABLES

1 pound pork butt
4 large carrots
4 large parsnips
1 small red cabbage
Seasoning

Simmer the piece of pork one and one-half hours. Cook the vegetables in the same kettle until they are soft, then remove them and finish cooking the meat. Cut the pork into thin slices. Arrange them side by side down the middle of a large platter, and make a border of the cabbage, quartered, and the other vegetables cut into lengths.

PIGS' FEET

BOILED.

6 pigs' feet
1½ tablespoons salt

Scrape and wash the feet thoroughly and tie each separately in a piece of cheese-cloth. Put them into a kettle or stew-pan,

cover with boiling water and add the salt. Let the water boil up once, then set back on the fire and simmer for six hours. Cool in the water. When cold, drain, but do not take off the cloth, and place the feet on a platter. The next day they will be ready for broiling, frying or pickling.

BROILED.

6 boiled pigs' feet
Salt and pepper
Flour
Butter

Split each foot, dredge with salt, pepper and flour and broil over clear coals for ten minutes. Serve on a hot platter, seasoning with butter, salt and pepper.

FRIED.

6 boiled pigs' feet
Salt and pepper
Lemon-juice
1 egg
Bread-crumbs

Split the feet and season well with salt, pepper and lemon-juice. Dip in beaten egg, then in bread-crumbs and fry five minutes in deep fat (375°-390° F.). Drain and serve immediately.

BROWNED.

6 boiled pigs' feet
½ cup crumbs
1 egg
Butter or other fat
2 cups boiled beets, fresh or canned

Dip the feet in beaten egg, then in crumbs, and brown in fat. Bake in casserole at 350° F., basting with butter or other fat. Serve in the casserole with beets surrounding the pigs' feet.

PICKLED (SOUCE).

4 good-sized boiled pigs' feet, with uppers
1 quart strong vinegar
4 bay-leaves
1 tablespoon whole cloves
1 tablespoon broken cinnamon
¼ cup salt
2 teaspoons pepper
½ onion
1 blade mace

Clean the feet carefully, and cover them with hot water. Boil slowly until the meat will separate from the bones, then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Place the vinegar on the fire, adding bay-leaves, cloves, cinnamon, salt, pepper, onion cut in eighths, and mace. Steep slowly in the vinegar for forty-five minutes, but do not allow the vinegar to boil rapidly at any time. Remove the fat cake from the top of the water in which the feet were boiled, and save it for cooking purposes. Add about one quart of the water to the vinegar; if the vinegar is not very strong, less water must be added, so that the vinegar may not be too much diluted. Strain the liquid through a sieve to remove the spice, etc., and pour it over the meat in the jar, helping it through the meat with a knife and fork until the two are thoroughly mixed. Set the jar in a cold place for two days.

SCRAPPLE

1 hog's head
Salt and pepper
Powdered herbs
Corn-meal
Buckwheat flour

Scrape and clean a hog's head, then split it and take out the eyes and brain. The butcher will do this, if requested. Clean the ears and scrape them well. Put all on to boil in plenty of cold water and simmer gently for four hours, or until the bones will easily slip from the meat. Lift out the meat and bones into a colander, remove the bones and chop the meat fine. Skim off every particle of grease from the water in which the meat was boiled, and return the meat to the boiling stock in the kettle. Season highly with salt and pepper and powdered herbs. Add enough corn-meal and buckwheat flour, in equal quantities, to make a soft mush, stirring constantly for the first fifteen minutes, then lower the heat and cook for one hour. Pour into bread pans, cool, and keep in a cold place until needed.

The scrapple may be served cold or may be cut into slices, dipped in egg and cracker-crumbs and sautéd.

HEAD-CHEESE

1 hog's head with ears and tongue
Salt and pepper
Sage
Sweet marjoram
Powdered cloves

Head-cheese is usually made of the head, ears and tongue of pork. Clean the head with the utmost care and boil all the meat and bones in salted water until the meat is very tender,

about two or three hours. Take out the head, place it in a colander to drain, and remove all the bones. Cut the ears in very thin slices. Season the whole to taste with salt, pepper, sage, sweet marjoram and other herbs, and a little powdered cloves. Mix the mass well, and pack it tightly in a bowl, interspersing layers of the mixture with slices of the boiled ears. Press the whole into a compact shape and cover with a plate, on which place a heavy weight. The head-cheese will be ready to use in two or three days. It may be cut in thin slices and served with vinegar and mustard, or it may be cut in slices, dipped in egg and cracker-crumbs and fried.

BOILED HAM

1 ham Brown sugar Whole cloves

Wash ham thoroughly, cover with boiling water and simmer, partially covered, for 25 to 30 minutes per pound, or until meat is tender. When cooked the internal temperature will be (160° F.). If ham is to be served cold, let it stand in water until it is cold, then peel off skin and serve. If it is to be served hot, peel off skin, rub with brown sugar, stick in a few cloves and bake in a hot oven (400° F.) to brown. Whenever possible follow packers cooking directions.

ROAST OR BAKED HAM

1 ham
Brown sugar
Soft bread-crumbs
1 teaspoon mustard
Whole cloves

Cover ham with boiling water, simmer about 20 minutes per pound. Whenever possible, follow directions given by packers as to the best method for cooking their hams. Drain and remove skin. Mix sugar and crumbs in the proportions of four parts sugar to one of crumbs, add mustard and spread over ham. Insert cloves one inch apart, making a diamond pattern. Bake in a slow oven (300° F.), allowing ten minutes per pound. To stuff, remove bone; see Stuffings, page 303.

BROILED HAM

Place the slices on broiler and turn them frequently. Either boiled ham or raw ham may be used for broiling.

FRIED HAM WITH CREAM GRAVY

1 pound ham in slices about ½ inch thick
1 tablespoon flour
1 cup milk
Pepper

If the ham is too salt, place it in a frying-pan, cover with cold water and set the pan on a range in mild heat. When the steam commences to rise, pour off the water and add more cold water. As soon as this water steams, lift out the slices of meat and drain well before frying. Place the meat in a hot pan, and cook without addition of fat, unless the ham is exceptionally lean; in this case, a spoonful of drippings should be used. When the ham is nicely browned, place it on a platter, and add a cup of milk to the fat in the pan. When this boils, thicken it to a cream with one or two tablespoons of flour mixed to a smooth paste with a little cold milk, season with pepper, then turn the gravy over the ham. A more simple gravy is made by adding a little hot water to the fat in the pan and pouring this over the meat.

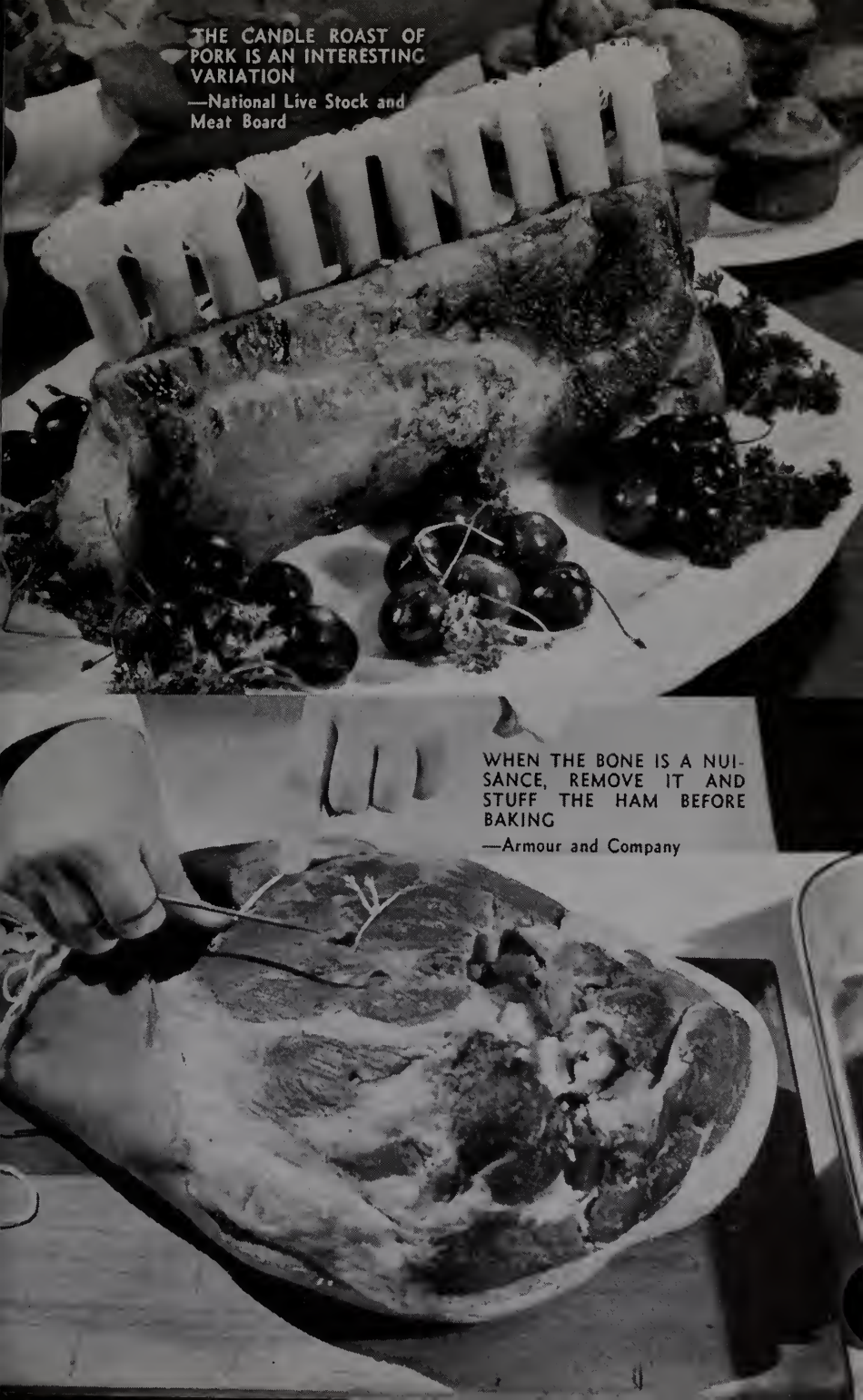
FRIED HAM AND EGGS

Fry a slice of ham, browning both sides. Break each egg separately in a saucer and slip into the hot fat in the frying-pan. Lower the heat, and baste with the hot fat. As soon as the color changes, they are done. Place them on top of the ham and send to the table hot.

SAUSAGES

1 pound sausage
1 tablespoon flour
1 cup milk
Salt and pepper

When cooking sausage in casings, prick the skins thoroughly with a steel fork to prevent their brusting. If cooking in bulk, shape the sausage meat into balls with the hands. Place them in a hot frying-pan and fry until brown, adding no fat, as there will generally be plenty in the meat. When done, remove the sausage to a platter. Pour off all but one tablespoon of fat, add one tablespoon of dry flour and cook one minute, stirring all the time; then gradually add one cup of milk, still stirring. When the gravy is boiling and is of a creamy con-

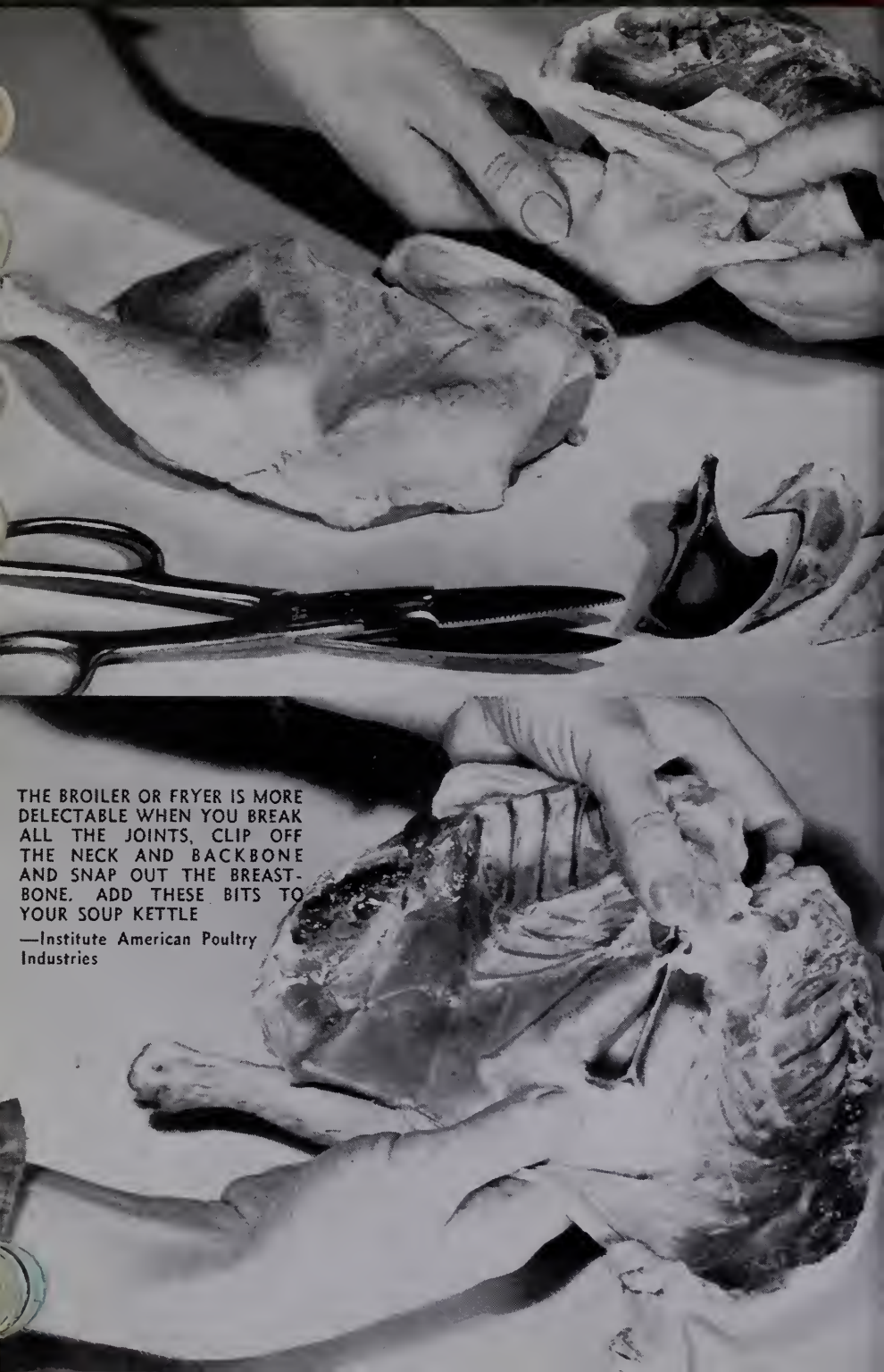


THE CANDLE ROAST OF PORK IS AN INTERESTING VARIATION

—National Live Stock and Meat Board

WHEN THE BONE IS A NUISANCE, REMOVE IT AND STUFF THE HAM BEFORE BAKING

—Armour and Company



THE BROILER OR FRYER IS MORE DELECTABLE WHEN YOU BREAK ALL THE JOINTS, CLIP OFF THE NECK AND BACKBONE AND SNAP OUT THE BREAST-BONE. ADD THESE BITS TO YOUR SOUP KETTLE

—Institute American Poultry Industries

sistency, add salt and pepper to taste, pour the gravy over the sausage and serve.

POTTED HAM

1 cup cold cooked ham
Cayenne pepper
Powdered mace
Mustard

Mince some cold, cooked ham, mixing lean and fat together, and pound in a mortar, seasoning with a little cayenne pepper, mace and mustard. Put into a baking-dish and place in the oven (350° F.) for one-half hour; afterward pack it into pots or little stone jars, covering with paraffin and paper. This is convenient for sandwiches.

FRIED OR BROILED BACON

Cut the bacon very thin. Place in a hot pan and cook until brown. Turn the slices frequently, and in cooking a large quantity remove some of the fat from the pan occasionally.

To broil bacon, place the strips on a broiler and lay the broiler over a dripping-pan. Bake in the oven or broil under direct heat. To keep bacon flat, broil between racks.

BACON AND EGGS

Fry lean strips of bacon until crisp. Remove and lay them on a platter. Break the eggs separately, gently slide them into the bacon fat and cook until they are set. See page 373.

FRIED SALT PORK WITH CREAM GRAVY

1 pound salt pork
10 tablespoons flour
1 pint milk
Salt and pepper

Cut the slices thin and place them in cold water. After they have soaked one hour, drain well and dry them on a napkin. Heat the frying-pan very hot. Place one-half cup (8 tablespoons) of flour on a plate and dip each piece of meat in it. Fry until crisp. Drain off all but two tablespoons of the fat and stir two tablespoons of flour into that remaining in the pan. Cook two minutes, stirring well, then reduce the heat and slowly add one pint of milk. When the gravy is smooth, cook one minute and add pepper and salt, if needed. Turn the gravy over the meat and serve.

GRILLED SALT PORK

Cut thin slices from the thick fat part of side pork. The slices should be clear white and thinly streaked with lean. Hold each on a toasting-fork before a hot fire, immersing it frequently in cold water, to remove the extra fat and make it delicious. Cover the slices, as cooked, in a warm pan and serve them hot.

BAKED LIVER WITH STUFFING

1 calf's or lamb's liver
Salt and pepper
Salt pork
1 tablespoon butter
Bread Stuffing No. 3

Wash the liver well in cold, salted water. Make an incision in the thickest part with a long, narrow sharp knife, enlarging the aperture where the blade enters as little as possible, but moving the point of the knife to and fro to increase the size of the cavity. Fill with stuffing. Season the liver with salt and pepper and flour it. Place it in a roasting-pan, lay strips of fat salt pork over it, and add a little water. Roast for one hour (at 480° for fifteen minutes and 350° for the rest of the time) basting every twenty minutes. When done, thicken the gravy in the pan and serve with the meat.

LIVER AND BACON

¼ pound bacon
1½ pounds calf's or lamb's liver
1 tablespoon flour
Salt and pepper

Cut the liver one-fourth of an inch thick, wash it in cold water, scald in boiling water for five minutes, to draw out the blood, and dry on a napkin. Cut the bacon in very thin slices, place them in a hot frying-pan and turn constantly until all are crisp, but not too brown; then take them up and keep hot. Place the frying-pan where the heat will not be so great as when the bacon was cooked, and fry the liver ten minutes, turning it frequently. Slow cooking spoils bacon and rapid cooking hardens and toughens liver.

Place the liver in the center of the platter with the bacon

around it as a garnish. Put flour into the hot fat in the pan and stir until brown. Make a medium sauce of this browned flour and water. Season with salt and pepper, and pour the gravy over the liver and bacon.

SWEETBREADS

Preparing Sweetbreads—Sweetbreads should be plunged into cold water as soon as they are received, and soaked for one hour, then they should be parboiled in acidulated, salted water (one teaspoon salt and one tablespoon vinegar to one quart water) for twenty minutes. After draining they should be plunged into cold water again to make them firm. The little strings and membranes, which are easily detached after parboiling, should be removed.

Broiled.

2 pairs sweetbreads
Butter
Lemon-juice
Salt and pepper

Prepare as directed, then cut into thin slices, sprinkle with salt and pepper, and broil. Serve with melted butter to which a little lemon-juice has been added.

Fried.

2 pairs sweetbreads
2 tablespoons flour
1 cup milk
Salt and pepper
Egg
Bread or cracker-crumbs

Prepare as directed and cut in even-sized slices. Sprinkle with salt and pepper, dip in beaten egg and crumbs and fry in deep fat. When well browned on both sides, place them on a platter. Make a sauce with two tablespoons of the fat in which the sweetbreads were fried, the flour and milk and season with salt and pepper.

Fried sweetbreads are often served with green peas, placed in a mound or a little hill in the center of the platter. Macaroni may be boiled very tender and laid on the platter and the sweetbreads placed in the center, the pipes of the macaroni being laid about them in the form of a nest.

CREAMED.

2 pairs sweetbreads
4 tablespoons butter or other fat
4 tablespoons flour
1 teaspoon minced parsley
2 cups milk or cream
Salt and pepper

Prepare as directed and cut into dice. Make a white sauce with the fat, flour and milk or cream, add the sweetbreads, and stir steadily until very hot. Season with salt and pepper and minced parsley.

LARDED.

2 pairs sweetbreads
Salt pork for larding
1 pint seasoned stock
6 slices toast

Prepare sweetbreads as directed. Lard them with salt pork, letting the ends of the strips curl over the edge of the sweetbreads. Lay in a roasting-pan, pour the stock over them, cover and cook in a slow oven (350° F.) for one hour. Serve on toast. Thicken the gravy in the pan and pour it around them.

STEWED CALF'S HEART

2 calves' hearts
1 bay-leaf
Salt and pepper
½ lemon
2 tablespoons flour
2 tablespoons butter or other fat

Hearts must be carefully washed and the veins, arteries and clotted blood removed. After washing, place the hearts in a kettle with enough boiling water to cover them, and simmer for one and one-half hours. Remove all the fat, and set aside to cool. When the dish is intended for breakfast, this cooking must be done the day before.

In the morning, cut the heart into small pieces, remove all the cords and artery cases, and use only the lean portions. Place the chopped heart in a saucepan, add the water and bay-leaf, a dusting of salt and pepper, and simmer gently for ten minutes. Rub the flour and butter or other fat together, add them, with sliced lemon, stir thoroughly for five minutes, and serve at once.

STEWED BEEF HEART

1 beef heart
Bread Stuffing No. 3, omitting sage
1 tablespoon chopped celery
Flour or corn-starch

Wash the heart well, remove the large veins and arteries from the inside and take out every particle of blood. Add the celery to the stuffing and stuff the cavity of the heart. Tie the heart about with twine, and wrap it in a cloth, sewing the ends together to keep the stuffing in. Place in a small stewpan with the point of the heart down, and nearly cover with water boiling hot. Place the lid on the stew-pan and simmer gently for three hours. When done, there should be about one pint of water in the pan. Remove the cloth and place the heart on a platter. Thicken the liquor in the pan with flour or corn-starch mixed with a little cold water, and season with salt and pepper. Pour the gravy over and around the heart.

SMOKED BEEF TONGUE

1 smoked beef tongue
1 cup Spanish sauce
10 chopped, cooked mushrooms

Scrub the tongue. Soak it in cold water over night, then place it in enough fresh cold water to cover it, and simmer for five hours. Drain, lay in cold water for two or three minutes, remove the skin, trimming the thick end of the tongue neatly, and again place it in hot water for a few minutes. Drain and lay on the serving-dish, and pour over it sauce piquante or Spanish sauce, to which the mushrooms have been added just before serving.

VIRGINIA BEEF TONGUE

1 beef tongue, fresh
1 cup brown sugar
1 cup stewed cranberries
¼ cup butter or other fat
1 tablespoon whole cloves
½ lemon

Scrub the tongue and simmer it until tender, in water to cover. Remove the skin and trim the root end. Take one cup of the liquor in which the tongue was cooked and add the brown sugar, stewed cranberries, butter or other fat, cloves, and lemon, sliced. Simmer the tongue in this mixture for one-

fourth hour. Place on a dish with the sauce, garnish with slices of lemon and sprigs of parsley and serve.

Tongue may be jellied and served cold.

BRAIN RISSOLES

2 cups brains or
1 whole brain
Pie paste or short biscuit dough
2 tablespoons chopped green pepper
½ cup thick white sauce
¾ teaspoon salt

Put the brains into a bowl of cold water, with salt, for thirty minutes. Cover with water and simmer fifteen minutes. Remove fiber and outer membrane. Drain, chop or put through the meat grinder, add seasoning and white sauce. Form into small balls. Roll pie paste or short biscuit dough quite thin. Place the balls on the paste equal distances apart. Place another sheet of paste over all. Stamp out with round cutter or cut them apart and press upper and lower crusts together. Bake in hot oven (450° F.) for fifteen minutes. Brown in deep hot fat or oil (375°-390° F.) before serving.

STEWED KIDNEYS

3 cups veal or beef kidneys
2 bay-leaves
½ lemon
Salt and pepper
2 tablespoons flour
2 tablespoons butter or other fat

Split the kidneys and cut out the hard, white substances and fat from the center. Wash them well and soak for three or four hours in cold water, changing the water as soon as it becomes cloudy. Then put the kidneys into a granite pan, add enough cold water to cover them and heat slowly. When just at the boiling-point, pour off the hot water and again just cover them with cold water, once more heating slowly and again changing the water when hot. Change the water in this way three times, then simmer (twenty minutes for small kidneys; forty minutes for a beef kidney.) Set away to cool. If the stew is to be used for a breakfast dish, this preliminary cooking must be done the day before. When ready to prepare, separate all the cords and veins from the kidneys, leaving only the lean part. Cut this into small pieces. Place the chopped kidneys

in a granite pan, add the bay-leaves, two cups of water and the lemon, sliced, and simmer for twenty minutes. When ready to serve, remove the bay-leaves, add the flour rubbed smooth in the butter or other fat, season with salt and pepper, and when thickened to the consistency of cream, serve on a hot dish.

BROILED KIDNEYS

6 lamb's or 4 calf's kidneys
Cooking oil
Salt and pepper
Butter
Lemon
Parsley

Cut the kidneys into halves, remove the white tubes and fat and cover with cold water for thirty minutes. Drain and dry on a piece of cheese-cloth. Brush with, or dip into, cooking oil. Broil slowly until brown on both sides. Remove from the broiler and put in pan, sprinkle with salt, pepper and a little melted butter. Cover the pan and set over a slow fire for a few minutes. Serve garnished with slices of lemon and sprigs of parsley.

SAUTÉED KIDNEYS

Remove the skin from the kidneys, cut them into thin round slices, and soak them in salted water for thirty minutes. Drain and wipe. Sauté until tender in butter or other fat. Serve with brown sauce or tomato sauce.

If preferred, cut the kidneys in half after skinning, remove the white tubes and fat and then slice the kidneys lengthwise.

TRIPE

Preparing Tripe—Tripe is usually sold in the city markets already cleaned. If not so obtainable, wash well through several boiling waters, then put it in cold water and let it soak over night.

Stewed With Onions

2 pounds tripe
2 onions
Salt and pepper
1 cup hot milk
Butter

Simmer the tripe and onions in salted water for three or four hours. Drain. Chop the cooked onions very fine, place them in hot milk, and season with salt, pepper and butter. Pour this over the tripe and serve at once.

STEWED WITH TOMATO SAUCE

2 pounds tripe
1 onion
2 cups tomatoes
2 tablespoons flour
Salt and pepper
1 tablespoon butter or other fat

Choose the honeycomb portions and the thick section of tripe. Wash it carefully, cover with hot water, add the onion, cut in halves, cover the stew-pan and simmer for thirty-five minutes. The tripe will then be tender and soft, but long cooking will make it tough and hard.

Place the tomatoes in a separate stew-pan, cook them for ten minutes and strain through a sieve. Make a sauce of the tomatoes, flour, seasoning and fat.

When the tripe is cooked, drain well, place on a hot plate and cut into slender strips. Then drain again, pressing the tripe gently between the back of a spoon and the plate to remove as much water as possible. Place it in the tomato sauce and serve as soon as the sauce is thoroughly heated through.

LIVER LOAF WITH PAN GRAVY

1½ pounds beef liver
1½ cups boiling water
2 slices salt pork, ¼ inch thick
1 medium-sized onion
¼ cup chopped parsley
2 tablespoons flour
2 cups soft bread crumbs
2 eggs, slightly beaten
Salt and pepper
1½ cups cold water

Wash liver quickly under running water, cover with boiling water and let stand 10 minutes; drain. Grind with 2 slices salt pork and an onion; add parsley, crumbs, eggs, 1 teaspoon salt and ¼ teaspoon pepper, and mix thoroughly. Press into baking pan, 8x4x3 inches, and bake in moderate oven (350° F.) about 1 hour, or until browned. Remove loaf to hot platter. Stir flour into drippings and brown; add water gradually and cook five minutes, stirring until thickened; season to taste and pour over loaf.

LIVER PIQUANTE WITH VEGETABLES

2 pounds liver
Fat salt pork
½ pound lean salt pork
2 cups boiling water
1 cup sliced carrots
½ cup sliced onion
1 tablespoon chopped parsley
Bit of bay leaf
Small sprig of thyme

Buy liver in solid piece, wash thoroughly, dry and lard with strips of fat pork (page 3). Cut lean salt pork in pieces and try out slightly; add liver and brown on all sides. Add hot water, vegetables and seasonings, cover and bake in moderate oven (350° F.) until liver is tender, or about 1 hour for veal liver and 2 hours for beef liver. Serve on hot platter surrounded by vegetables. Approximate yield: 8 portions.

SAVORY LIVER

1½ pounds beef liver, sliced thin
¼ cup chopped onion
2 teaspoons chopped parsley
2 tablespoons butter
2 tablespoons flour
¾ teaspoon salt
Dash pepper
3 tablespoons vinegar
2½ cups bouillon

Sauté onion and parsley in butter in frying pan until lightly browned; stir in flour, seasonings and vinegar, and add bouillon gradually, stirring and cooking until well mixed. Place liver in gravy and cook, covered 15 minutes, turning once.

REINDEER

Government breeding of reindeer has brought the meat back on the market in modern form. It is shipped frozen and may be thawed at low temperature or put directly under the broiler or in the oven, when additional time for cooking must be allowed. It is very much like beef or veal, with less fat, and has a pleasant gamy flavor. The round is the desirable cut and steaks, pot roast, oven roast, chops and cutlets are prepared like beef or veal except that they need larding more often.

POULTRY AND GAME

POULTRY includes all the domesticated birds that are used for food—chicken and fowl, turkeys, squabs and pigeons, geese and ducks. Game includes wild birds—ducks, geese, partridge, reed birds, quail, plover, etc., and animals suitable for food which are pursued and taken in field or forest, as the deer, moose and rabbit.

The flesh of game, except that of partridge and quail, is dark in color and has a fine strong flavor. The flesh of wild birds, except that of wild ducks and geese, contains less fat than the flesh of poultry.

Seasons for Fresh Poultry and Game

Poultry in some form is available in the market at every season. Chickens weighing about one and one-half pounds, known as Spring chickens or broilers, begin to appear in the market during January. The height of the season for broilers, however, is May and June. The so-called milk-fed or early Spring chickens appear in the market in July and are available until August.

Roasting chickens begin to appear in September, and Philadelphia capons come into the market at about the same time. Fowl are in the market now-a-days throughout the year.

The season for turkey and ducks is the same as for chickens.

Goose about twelve weeks old, known as green goose, is available from May to September. Geese, also, may be found in the market throughout the year.

Fresh quail and partridge are in the market from Oct. 15 to Jan. 1. Cold-storage birds may be found much later. Grouse is fresh in the Fall. The cold-storage birds are obtainable throughout the year. Plover are in season from April to September.

Selecting Poultry and Game

There are a few general rules to be observed in the selection of young tender poultry and game.

They should be plump in appearance, have smooth, soft legs and feet and smooth, moist skin.

The lower or rear end of the breast-bone should be flexible, the skin should be easily broken when twisted between the thumb and finger, and the joint of the wing should yield readily when turned backward.

The eyes should be bright, the comb red, and there should be an abundance of pin feathers.

Birds with a yellow skin are likely to be plump, those with white skins are likely to be tender.

Bruised, dry or purplish skin is an indication of careless dressing and of age. Hard, dry, scaly legs, hard breast-bone and the presence of long hairs are all signs of an old and tough bird.

Avoid birds with a full crop. Buy dry-picked poultry whenever possible. Scalding the bird before plucking it impairs the flavor.

Poultry and game unless they are in cold storage, should not be kept long uncooked. They should be drawn as soon as purchased, and should be kept in a cool place.

Unless hen turkeys are young, small and plump, cock turkeys are more satisfactory.

Geese should have an abundance of pin-feathers, soft feet and pliable bills.

There is more meat in proportion to the amount of bone in fowls weighing five to six pounds than there is in smaller birds. Broilers should weigh one to two pounds.

To Clean and Dress Poultry

Cut off the head and remove the pin-feathers with a sharp, pointed knife. Singe by holding the bird over a flame, turning on all sides until all down and hair have been burnt off.

If the feet and tendons were not removed at the market, cut through the skin around the lower joint or "drum-stick," one and one-half inches below the joint that connects the foot with the leg, but do not cut the tendons. Place the leg with this cut at the edge of the table and break the bone by pressing downward. Hold the bird in the left hand and with the right pull off the foot, and with it the tendons. In an old bird, the tendons must be removed one by one with a skewer or trussing needle.

To Prepare Poultry for Cooking Whole

Make a small incision below the breast-bone. Insert the hand and carefully loosen the internal organs, the entrails, the gizzard, the heart and the liver. Reserve the last three; these are known as the giblets. Care should be taken not to break the gall bladder, which is attached to the liver. The liquid content of the gall bladder is very bitter, and makes the flesh unpleasant to eat.

Remove and discard the lungs and the kidneys. Insert two fingers under the skin close to the neck and remove the windpipe and the crop. Pull back the skin of the neck and cut off the neck close to the body, leaving enough of the neck skin to fold down under the back if the bird is to be roasted. Remove the oil bag from the tail.

Clean the inside of the bird by running water through it and wipe the outside with a damp cloth.

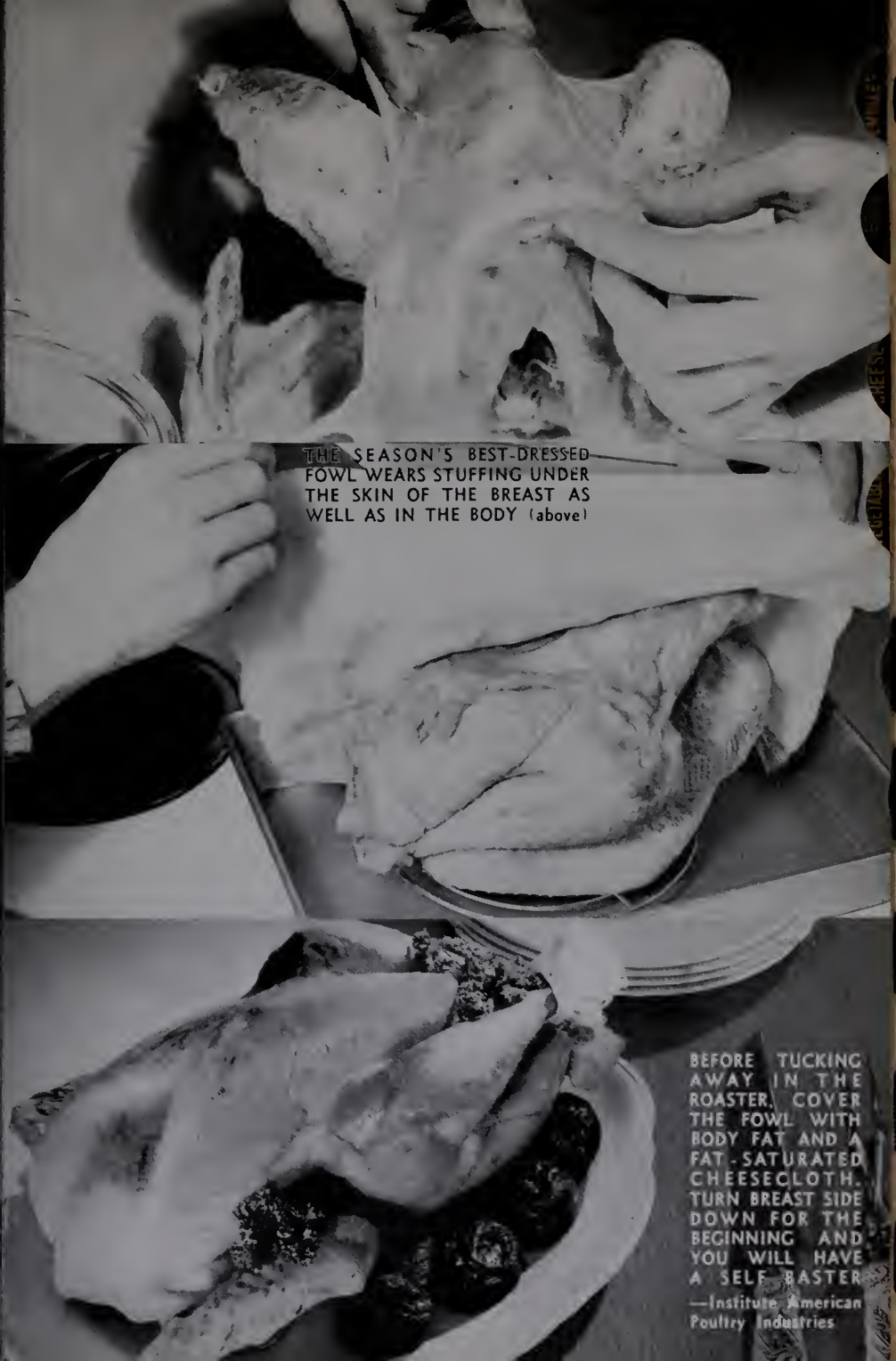
To Stuff Poultry or Game—Fill the opening at the neck end with sufficient stuffing to make the bird look plump. Put the remaining stuffing in the body. If the body is full, sew up the opening; if not full, bring the skin together with a skewer. Do not fill the cavity too full. Allowance must be made for swelling of the stuffing especially when the stuffing is made with cracker-crumbs.

To Truss Poultry or Game for Roasting—Clean, dress and stuff. Tie a piece of twine to the end of the neck-skin and pull the neck-skin over the back. Slip the ends of the wings over the back and press the wings close to the body. Press the thighs close to the body, draw the ends of the twine back on each side and up over the thighs. Cross the twine between the legs, and tie it down under the tail.

If the poultry or game has little fat it should be larded with thin strips of salt pork or bacon laid across the breast. To prevent the burning of the legs, wind them with strips of cloth which have been dipped in melted fat.

To Dress Birds for Broiling, Frying, Etc.

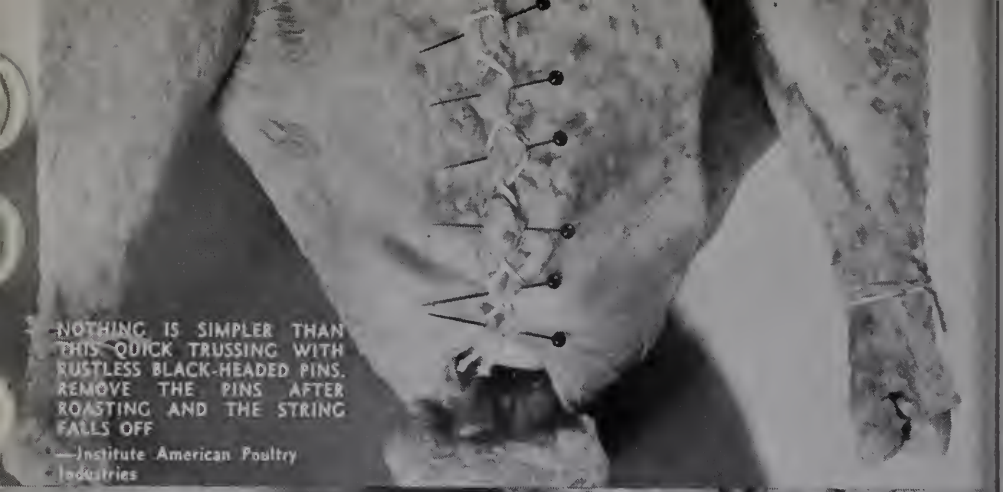
For Broiling—Singe the bird, cut off the head and neck close to the breast and the legs at the knee joints. Beginning at the neck, make a cut through the back-bone for the entire



THE SEASON'S BEST-DRESSED FOWL WEARS STUFFING UNDER THE SKIN OF THE BREAST AS WELL AS IN THE BODY (above)

BEFORE TUCKING AWAY IN THE ROASTER, COVER THE FOWL WITH BODY FAT AND A FAT-SATURATED CHEESECLOTH. TURN BREAST SIDE DOWN FOR THE BEGINNING AND YOU WILL HAVE A SELF BASTER

—Institute American Poultry Industries



NOTHING IS SIMPLER THAN THIS QUICK TRUSSING WITH RUSTLESS BLACK-HEADED PINS. REMOVE THE PINS AFTER ROASTING AND THE STRING FALLS OFF

—Institute American Poultry Industries

FOR THE HURRY-UP DINNER THERE IS THE QUICK-FROZEN FOWL, CLEANED AND DRAWN AND READY FOR THE OVEN

—Armour and Company

length of the bird. Lay the bird open and remove the contents. Cut the tendons or break the joints. Cut out the rib-bones and remove the breast-bone, to facilitate carving.

To Make Fillets—Remove the skin from the breast and with a sharp knife make an incision close to the breast-bone, beginning at the end next the wish-bone and cutting through the entire length. Following the bone closely, remove all the meat, cutting it away from the wing joint. This fillet may be separated into two parts, the upper or larger muscle making the "large fillet" and the smaller "fillet mignon."

To Cut Up a Fowl—Remove pin-feathers, singe the fowl, cut off the head, tendons and oil-bag.

Cut off the legs at the thigh joint. Separate the first joint or drumstick from the thigh.

Cut the wings from the body. Cut off the tips of the wings.

Separate the breast from the back by cutting clear down both sides of the bird below the ribs.

Remove the heart, liver, gizzard, entrails and fat all together. Remove windpipe and crop. Carefully remove the lungs and kidneys from the back-bone.

Cut back and breast into two pieces each, cutting crosswise. The back is sometimes further divided by cutting lengthwise. The wish-bone may be removed by inserting a knife under the tip and cutting downward, the knife following the bone.

To Clean Giblets

Cut the fat and membrane from the gizzard. Make a gash in the thickest part, cutting to, but not through the inner lining. Remove the inner sac and throw it away. Carefully separate the gall bladder from the liver and cut off any part of the liver that has a greenish color. Remove arteries and veins from the top of the heart and squeeze out the clot of blood.

Chickens

ROAST CHICKEN

1 roasting chicken
Stuffing
Fat
Salt and pepper
Flour

Wash, singe and draw the bird, rub it with salt and pepper inside and out, and stuff with any desired stuffing. Bread

stuffing, chestnut stuffing and celery stuffing are particularly good. Truss and tie the fowl. Brush skin with melted or softened fat. Turn breast side down and cover bird with a cloth dipped in fat. Place in a moderate oven (325° to 350° F.). Cook uncovered breast side down about one half the total time. Turn breast side up. Place any strips of body fat removed in dressing over breastbone. Bacon or salt pork strips may be used. Baste with extra fat. The cloth may be removed toward the end of the cooking if the bird is not well browned. Allow 30 minutes per pound for small birds; 22 to 25 minutes per pound for larger birds.

BROILED CHICKEN

Unless you are quite certain the chickens are tender, it is wise to steam them before broiling. This may be done as follows: Set the dripping-pan in a moderate oven (350°-400° F.) and nearly fill it with boiling water. Place two sticks across the pan, extending from side to side, and upon them lay the chicken. Invert a tin pan over it, shut the oven door and let the chicken steam slowly for thirty minutes. This process relaxes the muscles and makes the joints supple, besides preserving the juices that would be lost in parboiling.

Transfer the chicken from this vapor bath to a wire broiler, turning the inside to the fire first. Broil until the chicken is tender and brown, turning it frequently. If the chicken is small, it will cook in twenty minutes or less. Do not have too hot a fire. Lay the chicken on a warmed platter, spread it with butter, sprinkle with salt and pepper, and serve.

PANNED CHICKEN

1 chicken
¼ cup fat
Flour
1 cup hot milk
Cress
Salt and pepper
1 tablespoon cracker or bread-crumbs
Onion-juice
Chopped parsley or tarragon

Prepare a chicken as for broiling and slightly flatten it with a rolling-pin. Place in pan, lay bits of fat upon it, and place it in a moderate oven (350° F.) allowing 15 to 20 minutes per pound. Bake uncovered. Baste with drippings every half hour. When it is nearly done, remove from the oven, salt

and pepper both sides, strew once more with bits of fat, dredge with flour and return to the oven to brown slightly on both sides, the under side first.

When the chicken is thoroughly done, place it on a hot platter with the skin side uppermost, cover, and set it where it will be kept warm. Pour hot milk into the pan and add cracker or bread-crumbs. Season with salt and pepper, if necessary, and add a few drops of onion-juice or a teaspoon of chopped parsley or tarragon, as preferred. Stir the gravy vigorously, let it boil one minute and turn it over the chicken. Garnish with cress or parsley and serve.

CHICKEN, MARYLAND STYLE

2 chickens
Flour
Salt and pepper
Bread-crumbs
1 cup milk or cream
½ cup butter or other mild fat
2 eggs

Clean and disjoint young chickens, leaving the breasts whole. Put the necks and giblets into cold water and simmer to obtain a cup of stock for the gravy. Sprinkle each piece of chicken with salt and pepper, dip in flour, beaten egg and soft crumbs and place in a greased pan. Bake in a hot oven (480° F.) from thirty to forty minutes, basting frequently with one-fourth cup of fat melted in one-fourth cup of hot water.

When the chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. If you like, add a few button mushrooms. Serve the chicken with the gravy poured around it.

PLANKED CHICKEN

2 large broilers
¼ cup fat
1 teaspoon minced parsley
1 teaspoon minced green pepper
1 teaspoon lemon-juice
1 teaspoon minced onion
Salt and pepper
1 pint sautéd mushrooms
1 quart seasoned mashed potato
Garnishes for plank

Make a savory fat by rubbing the minced parsley, green pepper and onion into the fat. Flavor with lemon-juice, salt and pepper. Split the broilers, sprinkle with salt and pepper

and put in a pan. Pour over them a little oil or melted fat and bake them (400° F.) until nearly done (about twenty minutes).

Prepare a plank of proper size, oil it, garnish with a border of potatoes forced through pastry-bag and tube, place the chicken in the center of the plank, arrange around it sautéd mushrooms and spread over the chicken the savory fat. Place the plank in a very hot oven (500° F.) to brown the potato border and to give the chicken the final cooking. Planked dishes are invariably served on the plank. They may be elaborately garnished with stuffed tomatoes, green peppers and fancifully cut vegetables.

FRIED CHICKEN

No. 1—Southern Style

2 small chickens
Salt and pepper
Flour
¼ cup fat

Cut each chicken into four or six pieces, dip each piece quickly in cold water, then sprinkle with salt and pepper, and roll in plenty of flour. Sauté the chicken in a little fat until each piece is brown on both sides, and admits a fork easily. Drain the pieces well and arrange on a warm platter, setting the dish in a hot place to keep the meat from cooling while the gravy is being made, as on page 279.

No. 2—

Dip the chicken into fritter batter and fry in deep fat (375°-390° F.) until brown. Transfer to a casserole or baking dish and bake in a moderate oven (250° F.-350° F.) for 30-60 minutes. If the chicken is not young, parboiling before cutting will shorten the baking time.

SMOTHERED CHICKEN

2 small chickens or 1 large one
Salt and pepper
2 or more tablespoons fat
Flour

This is one of the most delicious ways of cooking chicken. Take off the neck and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper, and dredge on all sides with flour. Lay the chicken,

with the inside down, in a small baking-tin, and add a very little water. The pan should be very little larger than the chickens, otherwise the gravy will be too quickly evaporated. Set into a rather slow oven (300°-350° F.) and cook for one hour in a covered baking-pan or, if baked without a cover, baste every ten minutes after the first twenty minutes.

Should the chicken be decidedly lacking in fat, add fat as needed. When done, place the chicken on a hot platter, add enough water to make two cups gravy and thicken with two tablespoons flour. Should the chicken be quite fat, remove all but two tablespoons of the oil from the pan before making the gravy. Season with salt and pepper, pour it over the chicken and serve at once.

BOILED CHICKEN

In Winter there is no better way to prepare chickens than to simmer them whole and pour over them oyster or parsley sauce. The chicken should be well secured in a wet cloth that has been generously sprinkled with flour, then plunged into boiling water and simmered (not boiled) gently until the chicken is done. Allow twenty to thirty minutes to each pound of chicken. A large, tough chicken may be made very palatable by preparing it in this way.

STEAMED CHICKEN OR FOWL

1 fowl (about 5 pounds)
1 onion
1 bay-leaf
Salt and pepper
Flour

A chicken is more tender than a fowl and is to be preferred for light cooking, but a fat fowl a year or two old has a richer and finer flavor, and if steamed properly, will be perfectly tender. Singe and wash the fowl, draw and dress it as carefully as for roasting and wipe it dry inside and out. Rub it inside and out with salt and pepper, place an onion and a bay-leaf inside and tie the fowl into shape as for roasting.

Then flour a cloth and wrap it about the fowl. Lay the chicken, back downward, in a steamer and allow it to steam continuously for three to four hours, according to its age and size. If properly steamed it will be as good as a roasted chicken. Serve with celery, oyster or parsley sauce. Steamed chicken may subsequently be browned in the oven if desired.

STEAMED WHOLE SPRING CHICKEN

1 chicken
1 cup oysters
1 tablespoon fat
1 tablespoon flour
Salt and pepper
½ cup cream or milk
3 hard-cooked eggs
Minced herbs

Prepare a full-grown Spring chicken as for roasting, season inside and out with salt and pepper, stuff with whole, raw oysters and place it in a steamer with a close-fitting cover, and steam until the chicken is done, then place the chicken on a warm dish and make a gravy as follows: Put the fat into a saucepan with the minced herbs and flour and stir until the mixture bubbles; add the liquor in the kettle below the steamer, the cream or milk, and cook, stirring constantly, until the mixture boils. Add the eggs, chopped fine, let the whole boil, pour it over the chicken and serve at once.

CHICKEN POT-PIE

1 chicken
3 tablespoons flour
Salt and pepper
1 teaspoon salt
1 cup milk

Clean, singe and cut up the chicken, place it in a pot and nearly cover with water. Cover the pot and simmer gently. An old fowl will require at least three or four hours' slow cooking, but a year-old chicken should be done in one and one-half hours. Remove the cover during the last half-hour of cooking, to reduce the gravy to about one and one-half pints when done.

Three-fourths of an hour before time to serve, make Dumplings No. 2 (see Index). When the dumplings are ready to serve, add salt and pepper to the chicken and make the gravy by adding to the liquor in the kettle three tablespoons of flour stirred to a paste in one cup of milk. Skim out the chicken, lay it on a platter, place the dumplings on the top and pour over them the gravy.

PRESSED CHICKEN

1 chicken
Salt and pepper
1 tablespoon gelatin to each pint broth

Clean, singe and cut up a chicken. Place it in a kettle with a little water, cover closely and simmer until the meat will fall

from the bones. Lift the pieces from the kettle with a skimmer and scrape all the meat from the bones, separating the white meat from the dark and taking out the pieces of skin. Season with salt and pepper.

Soften gelatin in two tablespoons of water for each tablespoon of gelatin and add to the boiling chicken broth. Place the meat in the dish it is to be pressed in, laying the white and dark in alternate layers, and adding from time to time a little of the broth to moisten all well. When all the meat is in the dish, pour over it enough of the broth to cover it; lay a plate on top of it; place a heavy weight upon the plate and set away in a cool place. This makes an attractive dish for luncheon, sliced and garnished with parsley.

FRICASSEE OF CHICKEN

WHITE

1 chicken
2 tablespoons fat
2 cups chicken stock
2 tablespoons flour
1 cup milk or cream
1 egg-yolk
Salt and pepper
Herbs
Salt pork
Rice or dumplings

Singe, clean and cup up the chicken. Brown in a pan with the fat. Cover with boiling water, add salt, pepper, herbs and a few slices of salt pork. Simmer until tender (about an hour), strain and thicken one pint of the liquor with the flour mixed to a smooth paste with a little cold water; add the milk or cream beaten with the yolk of the egg. Heat again until slightly thickened, pour over the chicken and serve with rice or dumplings (see Index for recipe).

BROWN

1 chicken
2 or 3 small slices salt pork
2 tablespoons flour
1 pint boiling water
Salt and pepper
1 teaspoon onion-juice, if desired

Cut in pieces as directed for white fricassee. Place salt pork in a frying-pan, and when hot put in the chicken, leaving plenty of room to turn the meat; cook until each piece is a rich brown. Remove the chicken and keep it warm. Add the flour to the fat in the pan, stir well and when it has cooked two minutes, add the boiling water. When the gravy is smooth and boiling, replace the chicken, season with salt and pepper,

cover the pan, and simmer gently until the chicken is tender, then add a teaspoon of onion-juice, if desired, and serve at once. The gravy will be thick enough, and if the pan has a tight cover, it will not be diminished, even after long cooking.

CHICKEN PIE

1 chicken
Pie paste
Milk
Salt and pepper
Flour

Clean, singe and cut up chicken as for fricassee. Place in a kettle and add enough hot water to cover. Put the cover on the kettle, and simmer slowly until the chicken is tender, adding a little more water if needed. Make a gravy of the stock, using two tablespoons flour for each cup of stock. Use for the crust puff paste, or a good pie paste, rolled a little thicker than for fruit pies. Line the sides of a deep baking-dish with crust; invert in the middle of the dish a small cup or ramekin; put in part of the chicken and season with salt and pepper, then add the rest of the chicken, and season the same way.

Put in the dish two cups or more of the gravy made from broth in which the chicken was cooked and cover the top with crust. The cup or ramekin will hold the crust up and will prevent evaporation. Most chicken pie is too dry; therefore, use a generous amount of the broth. Bake in a hot oven (450° F.) until crust is done (one-half hour). When serving, after cutting the first slice, carefully slip the knife under the ramekin and release the gravy which is held there by suction. Additional gravy should be served in a gravy-dish.

CURRY OF CHICKEN

1 chicken (1½ or 2 pounds)
1 teaspoon salt
2 onions
1 egg-yolk
2 tablespoons fat
1 teaspoon to 2 tablespoons curry-powder
1 tablespoon flour

Cut up the chicken as for fricassee, put in a saucepan with sufficient water to cover it, and simmer until tender, keeping the pan closely covered. Remove from the fire, take the chicken out and pour the liquor into a bowl. Put the onions into the saucepan with the fat and sauté until brown, then skim them out and put in the chicken; fry for three or four minutes, then

sprinkle over it the curry-powder. Next pour in the chicken liquor, stew five minutes longer and stir in the flour mixed until smooth with a little cold water. Stir the mixture until it thickens; add the beaten yolk of egg, adding a little of the hot mixture to the egg first. Serve with a border of hot boiled rice.

SAVORY CHICKEN

¼ cup fat
1 tablespoon chopped onion
1 chopped carrot
1 slice turnip
¼ cup flour
1 cup water
1½ cups strained tomatoes
Salt, pepper and paprika
1 chicken
Salt-pork fat
1 cup button mushrooms
2 tablespoons chopped olives

Make a savory sauce by melting the fat and cooking in it chopped onion, carrot and turnip cut in small pieces. Stir in flour and add gradually boiling water and tomato, previously stewed and strained. Season with salt, pepper and paprika.

Cut up a chicken, dredge with flour, and sauté in salt-pork fat. Remove from the pan, place in a saucepan and cover with the savory sauce. Cook until the chicken is tender. At the last moment, add the mushrooms and chopped olives. Arrange the pieces of chicken in the center of the platter and pour the sauce around them, garnishing with triangles of toast and stuffed olives.

SCALLOPED CHICKEN

2 cups cooked chicken meat
1 pint broth in which chicken was cooked
Fat
2 tablespoons flour
Salt and pepper
Bread-crumbs
2 cups sliced, cooked potatoes

Cut the cooked chicken meat into dice. Thicken the broth with a paste made of the flour and two tablespoons of fat and season with salt and pepper. Fill a pudding-dish with alternate layers of bread-crumbs, chicken and potatoes. Cover the top with crumbs. Pour in the gravy and add a few bits of butter or other fat and bake fifteen to thirty minutes in a moderate oven (350°-400° F.).

CREAMED CHICKEN

2 cups cooked chicken
2 tablespoons fat
2 tablespoons flour
1 cup milk or cream
Salt and pepper
1 tablespoon parsley
1 egg-yolk

Make a white sauce of the fat, flour and milk. Season with salt and pepper. Add the parsley and chicken and cook until the sauce is thoroughly hot again. Beat the egg-yolk, adding two tablespoons of milk, and pour into the mixture. Cook two minutes, stirring constantly, and serve in a border of riced potatoes or in croustades.

Creamed chicken may be varied in a number of ways: by substituting mushrooms or chopped cooked eggs for part of the chicken or by adding chopped pimientos and olives.

Capons

Capons are large, plump young roosters, especially fattened for the table. They are prepared for cooking in the same way as chickens. For stuffing, choose a delicate flavoring such as oysters or chestnuts. Mushrooms or truffles are especially good with capon.

Turkeys

ROAST TURKEY

Dress as directed for roast chicken and roast in an uncovered roaster in a slow oven (300° F.) allowing 15 to 25 minutes per pound, depending upon age and size of bird. The larger birds require less time per pound than the small birds. Baste the bird at half hour intervals. Serve with giblet gravy.

BRAISED TURKEY

1 turkey
Stuffing
½ pound salt pork
½ cup chopped celery
½ cup chopped carrots
½ cup onion
½ cup turnip
4 cups water or stock
Salt and pepper

This is a very satisfactory way of cooking an old turkey that is unfit for roasting. Stuff the body and breast with any de-

sired stuffing, and truss. Spread thin slices of salt pork over the breast and legs, and cover the turkey with a strong sheet of oiled paper, fastening the paper on by passing a string around the body. In a double roasting-pan large enough to hold the turkey, spread sliced salt pork and the chopped vegetables. Lay the turkey on this mixture, with the breast up, sprinkle with salt and pepper, cover the pan tightly, and place in a moderate oven (350°-400° F.). Allow twenty-five minutes for each pound.

At the end of thirty minutes, add water or stock. During the last half-hour take the cover from the pan, remove the paper and pork from the turkey. This permits the meat to brown lightly. Serve with mushroom sauce, or with the gravy in the pan, strained and thickened.

FILLETS OF TURKEY WITH RICE

Breast fillets
Egg and crumbs
1 cup white stock
1 cup rice
6 tablespoons oil
½ teaspoon onion-juice
Salt and pepper
2 teaspoons butter
1 tablespoon grated cheese

Skin the breast of a plump turkey, and slice. The slices should be nearly half an inch thick, and as nearly uniform in size as possible. Dip in beaten egg, then in crumbs, again in the egg, and once more in the crumbs. Set in the refrigerator. Put the white stock into a saucepan; add rice, onion-juice and one-half teaspoon salt, and simmer slowly until the liquid is absorbed.

When the rice is tender, add butter and grated cheese, and season with salt and pepper. Cover and let it stand at the side of the fire until the fillets are ready. Heat salad-oil or cooking fat slowly in a frying-pan to 375°-390° F., and cook the fillets to a nice brown. Mound the rice in the center of a hot dish and arrange the fillets about it.

BROILED YOUNG TURKEY

Young turkeys may be broiled or panned, like chickens. A young turkey is easily distinguished by its smooth, black legs and white skin.

TURKEY CURRY

6 tablespoons fat
⅓ cup onion, finely chopped
1 large apple, peeled, diced
1 large can mushrooms or
1 pound fresh mushrooms
3 cups turkey, diced
3 tablespoons flour
½ teaspoon salt
1 to 1½ teaspoons curry powder
1½ cups turkey stock and top milk, or cream

Cook onion, apple, mushrooms, and turkey in the fat until onion and apple begin to be transparent: 10 to 15 minutes. If fresh mushrooms are used, sauté several minutes before adding to other ingredients. Remove from heat, add salt, flour, and curry powder and stir thoroughly. Add liquid, and cook until thickened throughout. Set over hot water, cover and cook 15 minutes longer to blend the flavors. Taste and add more seasoning if desired. Serve with hot boiled rice. Little or no salt is added in cooking rice.

Goose

ROAST GOOSE WITH POTATO STUFFING

1 goose (about 8 pounds)
Potato stuffing
Salt pork if goose is not fat
Salt and pepper
Flour

Select a goose that is about four months old. An old goose is better braised than roasted. Singe the goose, wash it carefully in hot water, and wipe it dry on the outside; then draw it and clean it thoroughly inside. Flatten the breast-bone by striking it with a rolling-pin. Partly fill the cavity with potato stuffing, stitch up the openings and truss the goose. If it is not fat, lay thin slices of pork upon the breast, but if the goose has considerable fat, omit the pork. Bake in a hot oven (500° F.) for forty-five minutes. Remove it from the oven, pour out all the fat, sprinkle the bird all over with salt and pepper, dredge with flour, and return it to the oven. Reduce the heat but do not let it get below 350° F.

When the flour is a good brown, pour one cup of hot water into the pan and baste the goose often, dredging it each time

with a slight sifting of flour to absorb the fat. Allow twenty minutes to the pound for a young goose and twenty-five for one that is old. Remove the goose from the pan, add a cup of hot water to the gravy and thicken it, if necessary, with browned flour. Garnish the goose with parsley and serve with giblet gravy.

Apple sauce is often served with roast goose.

Goslings may be roasted in the same way, allowing, however, only fifteen minutes to the pound for cooking.

ROAST GOOSE WITH BAKED APPLE

1 eight-pound goose
2 cups bread-crumbs
1 chopped onion
2 tablespoons fat
¼ teaspoon sage
1 teaspoon salt
Pinch of pepper
6 to 8 apples
¼ cup brown sugar
3 sweet potatoes

Cook the giblets until tender, chop and add to stuffing made by mixing bread-crumbs, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back. Roast for fifteen minutes at 500° F., then reduce the heat to 350° F. and cook about three hours. Wash and core six to eight apples; sprinkle with brown sugar, stuff with mashed and seasoned sweet potato; bake until tender and serve hot with the goose.

DEVILED GOOSE

1 goose
Potato stuffing
¼ cup vinegar
1 teaspoon pepper
2 tablespoons made mustard
1 tablespoon salt

After cleaning the goose and wiping it well with a damp cloth, plunge it into a kettle of boiling water, and simmer for one hour. Take it from the kettle, drain well, and wipe it dry. Partly fill the body and neck with potato stuffing, sew up and truss, and roast in a moderately hot oven (350°-400° F.), allowing fifteen to twenty minutes to the pound. Pour over it a mixture of the vinegar, pepper, and made mustard, and baste frequently. Serve with giblet gravy.

An old goose that can not be made eatable in any other way may be cooked in this way, two hours instead of one hour being allowed for the simmering.

Ducks

ROAST DUCK

Epicures prefer young ducks rare, and without stuffing. Some people consider that ducks have too strong a flavor, and to absorb this flavor lay cored and quartered apples inside the body. These apples are removed before the duck is sent to the table. Celery and onions also may be placed inside the duck to season it and improve the flavor, two tablespoons of chopped onion being used to every cup of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed from the bird before it is sent to the table. Should filling be preferred, use potato stuffing, putting it in very hot.

Truss the duck, sprinkle it with salt, pepper and flour, and roast in a very hot oven (500° F.) fifteen to thirty minutes, provided the duck is young and is desired rare.

Full-grown domestic ducks are roasted in a moderate oven (350° F.) allowing 20 to 25 minutes per pound. Bake uncovered. Baste every half hour with drippings in pan. Serve with giblet gravy and applesauce or grape or currant jelly. Green peas should also be served with roast duck.

BRAISED DUCKS

1 brace ducks
3 slices bacon
1 carrot
1 onion stuck with cloves
Thyme
Parsley
Salt and pepper
1 small turnip, diced
Oil or cooking fat
Flour

Prepare ducks as for roasting, put them into a large stew-pan with the bacon, carrot, onion and a little thyme and parsley; season with salt and pepper and cover with water. Simmer over a low fire until the ducks are tender, then remove them from the pan. Cook the turnip in the fat until brown, then drain and cook in liquor in the stew-pan, until tender. Strain the liquor, thicken with flour and pour the gravy thus made over the ducks. Garnish with pieces of turnip.

LAMB OR PORK SHOULDER CAN BE BONED AND FILLED, WITH CAPTIVATING RESULTS
—U. S. Bureau Home Economics

WHEN THE BIRD IS TOO LARGE FOR REFRIGERATOR OR OVEN, IT MAY BE BONED AND ROLLED

—Institute American Poultry Industries

DUCK À LA CREOLE

2 cups cooked duck
2 tablespoons fat
1 tablespoon flour
2 tablespoons chopped ham
2 tablespoons onion
Chopped celery
Chopped parsley
Salt and pepper
Paprika
1½ cups consommé or bouillon
1 clove
¼ teaspoon mace
Chopped sweet pepper

Melt the fat and add the flour, then stir in the ham. Season with salt, pepper, paprika, onion, celery, sweet pepper and parsley. Stir for two minutes, add the consommé or bouillon, the clove and mace. Simmer one hour. Strain this sauce and stir in the cooked duck, cut into cubes. Cook just enough longer to heat all thoroughly. Serve with diamonds of fried hominy or mush.

Guinea Fowls

ROAST GUINEA FOWL

Roast the guinea fowl either with or without stuffing, keeping it well basted and the breast covered with a slice of fat bacon, which may be removed five minutes before serving. Have the oven very hot (500° F.) for the first fifteen minutes; then reduce to 350° F. Allow thirty-five to forty minutes for a medium-sized bird. Serve with currant jelly and giblet sauce.

FRICASSEE OF GUINEA FOWL

1 guinea fowl
4 slices bacon
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper

A guinea fowl makes a delicious fricassee. Clean and cut in pieces. Place bacon in pan and when it has fried long enough to extract some of the fat, add the pieces of the fowl and brown them well. Add the flour, stir until thoroughly mixed, and then add two cups hot water, salt and pepper, and stir until the gravy boils. Cover well and simmer until the meat is tender, which is generally in one and one-half to two hours. Serve with the gravy from the bottom of the pan, adding more salt and pepper if needed.

Peafowl

These fowls are cooked in the same way as turkeys. They should be larded with shreds of bacon, trussed and roasted about one and one-fourth hours.

Pheasants, Partridges, Quail and Grouse

Game should not be kept too long; birds rarely should be hung longer than one week. Hang in a cool dry room where the air circulates freely. If birds are to be kept many days, draw but do not pick them before hanging. Place a piece of charcoal in the body and sift powdered charcoal into the feathers. A distinction must be made between white meat and dark meat in cooking game. Quail and partridges are white meat and, like chicken, must be thoroughly cooked but not dried. Ducks, pigeons or squabs, grouse (prairie chicken), snipe, and woodcock are dark meat and are preferred by the epicure cooked rare and served very hot.

The methods of cooking all these birds are substantially the same, except as to the degree of rareness desired. They should never be washed, but simply wiped with a damp towel, all shot being carefully picked out of the flesh with a sharp-pointed knife. Small birds are often skinned when the birds are cleaned. There is a difference of opinion among epicures as to the drawing of these birds; sometimes they are cooked undrawn. The English do not draw woodcock, regarding the entrails as edible, and some American housekeepers copy them in this respect.

BROILED BIRDS

Clean the birds and split them down the back. Sprinkle with salt and pepper, dust with flour to keep in the juices and broil in a wire broiler, laying the inside first to the fire. Allow about ten minutes for quail, twenty-five to forty minutes for partridges and pheasants. When done, lay them on a warm dish and butter or oil them plentifully on both sides. During the broiling, if the breasts are quite thick, cover the broiler with a pan, and see that the fire is not too hot.

PANNED BIRDS

Clean the birds and split them down the back. Dip them quickly into hot water and sprinkle with salt, pepper and flour. The water causes the seasoning to adhere more thickly to the meat. Place the birds in a small baking-dish with the inside of each upward; place a teaspoon of butter or other fat in each bird, add a cup of water, and roast in a very hot oven (500° F.) allowing fifteen to twenty minutes for quail and proportionately longer for larger birds. After the first fifteen minutes reduce the heat to 350° F. Baste every five minutes after the first fifteen. Thicken the gravy, add salt and pepper if necessary, and pour over the birds.

ROASTED BIRDS

Clean, truss and stuff the birds. Roast in an uncovered pan in a moderate oven (350° F.) until meat is tender and bird is well browned. Baste every half hour with butter or other fat and water. Thicken the gravy and pour it over the birds. Serve with bread sauce.

LARDED GROUSE

Grouse are rather dry birds and need to be larded to be palatable. Clean and wipe with a damp towel. On each bird lay thin slices of bacon, covering the bird entirely and keeping the bacon in place with crossings of soft twine. Place in a roasting-pan and pour over them boiling water, sufficient to use for basting the birds while cooking. Cook in a very hot oven (500° F.) fifteen to twenty-five minutes, basting three times. Reduce the heat after fifteen minutes. When done, remove the strips of bacon, brush the birds with oil, melted butter or other fat, dredge with flour and place in the oven again until a rich brown. The liquor in the pan may be thickened, seasoned, and used as a gravy. Arrange the birds on a platter and garnish with rings of sautéd green peppers and the strips of bacon used to cover the birds while roasting.

ROAST QUAIL

6 quail
6 large oysters
Strips of bacon
Flour
Salt and pepper
Butter or other fat

Dress, clean and truss the birds. Stuff each with one large oyster. Lard breast and legs with strips of bacon. Bake as directed for larded grouse, allowing fifteen to twenty minutes for cooking.

GAME PIE

6 birds
Salt and pepper
¼ cup minced parsley
½ chopped onion
2 whole cloves
¼ pound diced salt pork
2 tablespoons browned flour
2 tablespoons fat
2 cups diced potatoes
Rich paste for side and top crust

Clean the birds thoroughly. Halve them, put them into one quart of water and bring to boiling-point. Remove the scum, add salt, pepper, parsley, onion, cloves and salt pork. Simmer until tender, carefully keeping the birds covered with water. When the birds are done, thicken the liquid with the browned flour and let the gravy come to a boil. Add the fat, remove from the fire and cool.

Put the paste around the sides of a greased pudding-dish, lay in some of the birds, then some potatoes, and repeat until the dish is full. Pour in the gravy, put on the top crust, slashed in the center, and bake in a hot oven (450° F. to 425° F.) for thirty-five to forty-five minutes until done.

Pigeons and Squabs

Pigeons need long, slow cooking to make them tender. Squabs are tender and are usually broiled.

BROILED SQUAB

6 squabs
Salt and pepper
Butter
Toast

Split the birds down the back, flatten the breast, wipe inside and out with a damp cloth. Put on a broiler, season with pepper and salt, and when nicely browned, pour a generous amount of melted butter over them. Serve on toast.

PIGEON AND MUSHROOM STEW

3 pigeons
1 tablespoon fat
1 pint stock or gravy
2 tablespoons cream
½ cup mushrooms
2 tablespoons mushroom catchup
Salt and pepper
Cayenne

Clean and cut pigeons into small portions and let them cook a short time in the fat in a saucepan, being careful not to brown them. Next add to the contents of the pan the stock or gravy, the mushroom catchup, and salt, pepper and cayenne to taste. Simmer an hour, or until tender, add the mushrooms, simmer ten minutes more, and then stir in the cream. Arrange the mushrooms around the pigeons on a hot platter.

POTTED PIGEONS

6 pigeons
3 slices bacon
Any simple stuffing
1 diced carrot
1 diced onion
Chopped parsley
Hot water or stock
¼ cup fat
¼ cup flour
Buttered toast

Clean and dress pigeons, stuff, truss, and place them upright in a stew-pan on the slices of bacon. Add the carrot, onion, and a little parsley, and cover with boiling water or stock Cover the pot closely and let simmer from two to three hours, or until tender, adding boiling water or stock when necessary. Make a sauce of the fat and flour and two cups of the stock remaining in the pan.

Serve each pigeon on a thin piece of moistened toast, and pour gravy over all.

PIGEON PIE

6 pigeons
Bread stuffing
Salt and pepper
Fat
Flour
Rich pie paste
3 hard-cooked eggs

Stuff each pigeon with bread stuffing. Loosen the joints with a knife, but do not cut them through. Simmer the birds in a stew-pan, with water enough to cover, until nearly tender, then season with salt and pepper. Make a medium thick gravy with flour, fat and liquor in which pigeons have cooked and

let it cool. Line the sides of a greased pudding-dish with rich paste and cut the hard-cooked eggs in slices. Put successive layers of egg, pigeon and gravy into the dish until it is filled, put on a cover of paste and bake (at 450° F.) for one-half hour.

Wild Ducks

Nearly all wild ducks are likely to have a fishy flavor, and when dressed by an inexperienced cook are often unfit to eat. This flavor may be much lessened by placing in each duck a small peeled carrot, plunging the fowls in boiling water and simmering them for ten minutes before roasting. The carrot will absorb some of the unpleasant taste. An onion will have somewhat the same effect, but unless a stuffing with onions is used, the carrot is to be preferred. When there is an objection to parboiling (as when the ducks are young) rub them lightly with an onion cut in two and put three or four uncooked cranberries in each before cooking.

ROAST WILD DUCK

Clean, wiping inside and outside with a damp towel. Tuck back the wings, and truss. Dust with salt, pepper and flour. If not fat, cover the breast with two thin slices of salt pork. Place duck in a baking-pan, and add one cup of water, and two tablespoons of fat. Bake in a very hot oven (500° F.) from fifteen to thirty minutes, according to rareness desired, basting frequently. Reduce the heat after fifteen minutes. Serve with slices of lemon or orange and a brown gravy or with olive sauce. Currant jelly may also be served. Wild ducks are served rare and are seldom stuffed when roasted. An old saying is that a young wild duck to be well cooked should only fly through a very hot oven.

CANVASBACK DUCK, DELMONICO STYLE

This bird is in season from the last of November until March. As it feeds mainly on wild celery, it requires no spices in cooking. Its flavor is best preserved by roasting quickly in a very

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hot oven (500° F.) so that it will be brown on the outside and underdone on the inside. Dress it in the usual way and wipe with a wet towel. Truss its head under the wing, place in a dripping-pan and roast one-half hour, or twenty minutes if liked underdone, basting often. Reduce the heat after fifteen minutes. Season with salt and pepper and pour over it the gravy in the baking-dish.

MALLARD WILD DUCK

These ducks, in season during the Fall and Winter, are very dry when roasted. They are good if stuffed with bread stuffing, then well sewed up, tied in shape and placed in a large kettle with a couple of slices of onion, a little thyme, and a small quantity of water and cooked slowly for one hour. Turn the bird frequently during the cooking; replenish the water if necessary, but use only enough to keep the ducks from burning. Make a gravy from the juices in the kettle by adding one cup of water and thickening with flour. Pour this gravy over the ducks when served. Dressed in this way all parts are equally good.

Venison

Venison is prepared and cooked in the same way as mutton. The roasting pieces are the saddle and the leg. It should be served underdone, allowing ten to twelve minutes to the pound, for cooking, and served with tart jelly and green salad.

ROAST LEG OF VENISON

Leg of venison
Fat salt pork
Salt and pepper
¼ cup fat
Flour

Wipe carefully, and draw off the dry skin. Lard the lean side of the leg with strips of the pork, then soften the fat, rub it over the meat, and dredge with salt, pepper and flour. Lay the leg on the rack in a baking-pan, sprinkle the bottom of the pan with flour, place it in a very hot oven (500° F.) and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan Baste the venison well every fifteen minutes,

until the meat is done, renewing the water in the pan as often as necessary. Reduce the heat after fifteen minutes. If a double roasting-pan is used, basting is not necessary.

Most tastes require at least an hour and three-quarters for cooking a ten-pound roast; but if the meat is liked very rare, allow only an hour and a quarter. Serve with a gravy made from the juices in the bottom of the pan. Always serve a tart jelly like currant or wild grape or plum jelly with venison.

BROILED VENISON STEAK

Venison steak
Salt and paprika
Butter
Currant jelly
Possibly salad oil and lemon-juice

This requires about three minutes more time for broiling than beefsteak. If strong, marinate in salad oil and lemon-juice for two hours before cooking. Drain without wiping, and broil over clear, hot coals, turning often to avoid scorching. Serve on a very hot platter, sprinkle with salt and paprika and spread both sides with a mixture of butter and currant jelly, allowing half as much jelly as butter.

FRIED VENISON STEAK

Venison steak
Salt and pepper
Flour
Rolled crackers
½ cup fat
1 tablespoon currant jelly

Rub the steak with a mixture of salt and pepper, dip in wheat flour or cracker meal and cook a rich brown on both sides in one-half cup of hot fat. Place on a dish and cover to keep warm. Dredge two teaspoons of flour into the fat in the pan and stir until brown (but not burned), add a cup of boiling water with one tablespoon of currant jelly dissolved in it, stir a few minutes, strain the gravy, pour it over the meat and serve.

Rabbits, Hares and Squirrels

Choose rabbits with soft ears and paws—stiffness is a sign of age. Also, be sure that they are fresh and free from any unpleasant odor. Neither hares nor rabbits should be drawn before hanging, as they may become musty. In Winter, select a dry place for hanging, and they may remain for some time.

Dressing and Trussing

To skin and dress a rabbit, hare or squirrel, cut off the fore feet at the first joint, cut the skin around the first joint of the hind leg, loosen it and then with a sharp knife slit the skin on the under side of the leg at the tail. Loosen the skin and turn it back until it is removed from the hind legs. Tie the hind legs together and hang the rabbit to a hook by this fastening. Draw the skin over the head, slipping out the fore legs when they are reached. Cut off the head and thus remove the entire skin. Wipe with a damp cloth. Remove the entrails, saving heart and liver, and wipe carefully inside. If it requires washing inside, use water acidified with vinegar.

Before cooking, soak in tepid water for a time. If blood has settled in any part, cut with the point of a knife where it is black and soak in warm water; this will draw out the blood.

Skewer firmly between the shoulders, draw the legs close to the body and fasten with skewers.

ROAST HARE OR RABBIT

Hare or rabbit
Forcemeat or stuffing
Salt and pepper
Beef-drippings or other fat

Wipe the hare or rabbit dry, fill it with good forcemeat or stuffing, sew up and firmly truss it. Season well with salt and pepper and roast. Baste well with beef-drippings, butter or other fat. A thin piece of beef-suet skin may be tied over the back for the first three-quarters of an hour and then removed. One and three-quarters hours is the full time for roasting a medium-sized hare at 500° F. for the first fifteen minutes and 350° F. for the rest of the time. Serve with brown gravy and currant jelly.

BROILED HARE OR RABBIT

Hare or rabbit
Salt and pepper
Butter

Skin and clean the rabbit or hare, wipe dry, split down the back, and pound flat; then wrap in oiled paper. Any tough white paper may be oiled. Place on a greased gridiron and broil over a clear, brisk fire, turning often. Remove the paper

and serve on a hot platter, seasoned with plenty of salt, pepper and butter, turning over and over so it will take up the fat. The oiled paper is not essential but results in a juicier product.

FRIED HARE OR RABBIT

Hare or rabbit
Egg
Bread-crumbs
Flour
Milk or cream
Salt and pepper

Dress as directed and put into boiling water. Boil ten minutes and drain. When cold, cut into joints, dip into beaten egg, then in bread-crumbs and season with salt and pepper. Sauté in any good fat over a moderate fire. Thicken the gravy with the flour and pour in milk or cream, boil up once and pour over the rabbit. Garnish with sliced lemon.

HARE OR RABBIT SALMI

1 hare or rabbit
1 slice onion
1 stalk celery
1 bay-leaf
2 tablespoons oil
2 tablespoons fat
2 tablespoons flour
2 cups water
1 teaspoon salt
1 tablespoon Worcestershire sauce
1 tablespoon capers
12 stoned olives
Chopped parsley

Clean and dress as directed and place in a baking-pan. Add onion, celery cut fine, and bay-leaf, brush with oil, then bake at 450° F. for thirty minutes. Lift the meat from the pan, add the fat and the flour and stir until a rich brown. Add hot water, stir well, and when smooth, add salt, Worcestershire sauce, capers and olives. Lay the meat again in the pan, cover closely and bake at 350° F. for thirty minutes. Dish the game, strain the sauce over the meat, arrange the olives as a garnish, sprinkle the whole with finely chopped parsley and serve.

HARE OR RABBIT PIE

Dress as directed and divide into pieces suitable for serving, cutting the back into three parts. Immerse in salted water for one-half hour, wipe dry, and then rub with lemon-juice, salt and pepper. If the rabbit is very plump, gash the thickest part several times, allowing the seasoning to penetrate. Follow directions given for game pie.

HARE OR RABBIT EN CASSEROLE

Hare or rabbit
3 tablespoons fat
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
Garlic, if liked

Rub the frying-pan with garlic, if it is not objectionable. Dress and cut up the rabbit and cook in the fat in a frying-pan until brown. Remove the meat from the pan, stir the flour into the fat, add two cups hot water, salt and pepper, and let it come to a boil, stirring it constantly. Place the meat in a baking-dish, pour the gravy over it, cover closely and bake in the oven or fireless cooker (350° F.) until tender.

If the garlic is not used, a teaspoon of currant jelly may be added to the gravy before serving.

ROAST SQUIRRELS

Squirrels
Salad oil
Lemon-juice or tarragon vinegar
1 cup bread-crumbs
Cream
1 cup button mushrooms
Pepper and salt
Onion-juice
Oil
Brown stock
Worcestershire sauce
Paprika

Clean the squirrels thoroughly, wash in several waters and cover with salad oil mixed with lemon-juice or tarragon vinegar. Let stand for an hour on a platter. Soak a cup of bread-crumbs in just enough cream to moisten them, add a cup of button mushrooms cut in dice, pepper, salt and onion-juice. Stuff each squirrel with this mixture, sew and truss as you would a fowl. Rub with oil, place in a dripping-dish, and partly cover with brown stock diluted with a cup of boiling water. When the squirrels are well roasted, make a gravy out of the liquor in the pan, by adding a teaspoon of Worcestershire sauce, and paprika, salt and lemon-juice to taste.

BRUNSWICK STEW

2 squirrels
1 tablespoon salt
1 minced onion
1 pint Lima beans
6 ears corn
½ pound salt pork
6 potatoes
1 teaspoon pepper
2 teaspoons sugar
1 quart sliced tomatoes
½ pound butter

This dish is named for a county in Virginia and is a favorite dish in that section of the country. It is served in soup-plates.

Cut the squirrels in pieces, as for fricassee. Add the salt to four quarts of water and when boiling add the onion, beans, corn, pork, potato, pepper and the squirrels. Cover closely and simmer for two hours, then add the sugar and tomato, and simmer one hour more. Ten minutes before removing the stew from the fire, add the butter, cut into pieces the size of a walnut and rolled in flour. Boil up, adding salt and pepper if needed, and turn into a tureen.

OPOSSUM ROAST

Opossum is very fat with a peculiarly flavored meat. To dress, immerse in very hot water (not boiling) for 1 minute. Remove and use a dull knife to scrape off hair so that skin is not cut. Slit from bottom of throat to hind legs and remove entrails. Remove head and tail if desired. Wash thoroughly inside and out with hot water. Cover with cold water to which has been added 1 cup salt. Allow to stand overnight; in the morning drain off the salted water and rinse with clear, boiling water.

Make stuffing as follows: Brown 1 large, fine-chopped onion with 1 tablespoon butter. Add chopped opossum liver and cook until tender. Add 1 cup bread crumbs, a little chopped red pepper, a hard-cooked egg, finely chopped, dash Worcestershire sauce, salt and water to moisten. Stuff opossum with mixture, fastening the opening with skewers or by sewing. With 2 tablespoons water roast in moderate oven (350° F.) until meat is tender and richly browned. Baste constantly with the opossum's own fat. Remove skewers or stitches, serve on heated platter. Skim fat from gravy and serve with baked yams or sweet potatoes.

STUFFINGS FOR FISH, MEAT, POULTRY AND GAME

STUFFING does not necessarily have to be baked in the fowl or meat. If the bird is small or if there is some stuffing left over, it may be baked or steamed in a well-greased ring mold, loaf pan or individual molds. Fill center of ring with vegetables. Croquettes of stuffing, made by the usual method, are served in a circle around the bird.

BREAD STUFFING

No. 1.

- 1½ cups bread-crumbs
- ¼ cup butter or other fat
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg

Moisten the bread-crumbs with the egg slightly beaten and the melted fat. Season and mix well. This makes a rich, moist dressing.

No. 2.

- 2 to 3 tablespoons melted fat
- 1 tablespoon chopped onion
- 1 cup dry bread-crumbs
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 to 2 tablespoons milk or stock
- ½ teaspoon each sage, chopped celery, parsley

Melt the fat in the frying-pan; add the onion, and sauté until tender. Add the bread-crumbs and seasonings and mix well. Then add the milk or stock. This makes a loose, light stuffing much preferred by many to the soft moist or compact type. It can be varied by leaving out the onion or the sage, by adding chopped celery or by adding two tablespoons of seeded raisins.

No. 3.

½ cup milk
2 cups grated bread-crumbs
1½ tablespoons melted fat
1 egg
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme
½ teaspoon powdered sage
½ teaspoon chopped onion
¼ teaspoon summer savory

Pour the milk on the crumbs and let stand about one hour, then add the seasonings, the fat, and the egg slightly beaten.

CRACKER CRUMB STUFFING

1 cup cracker-crumbs
2 tablespoons butter or other fat
¼ cup boiling water
⅛ teaspoon pepper
¼ teaspoon salt
¼ teaspoon poultry seasoning

Melt the fat and mix with the crumbs. Add the water, and then the seasonings. When this stuffing is used, a greater allowance than usual must be made for swelling.

POTATO STUFFING

2 cups hot mashed potato
1 cup bread-crumbs
½ teaspoon pepper
½ tablespoon salt
1 teaspoon sage
4 tablespoons melted butter or other fat
2 tablespoons onion-juice

Mix the ingredients in the order given.

CELERY STUFFING

2 cups chopped celery
2 tablespoons fat
2 cups stale bread-crumbs
1 teaspoon salt
½ teaspoon pepper

Chop the celery fine. Melt the fat, add the crumbs and mix well. Add the celery, salt and pepper.

OYSTER STUFFING

2 cups oysters
1 teaspoon salt
¼ teaspoon pepper
2 cups dry bread-crumbs
¼ cup fat

Mix the oysters well with the bread-crumbs and seasoning, and add the melted fat.

PINEAPPLE-NUT STUFFING

4 cups stale bread, ½ inch cubes
¾ cup celery, finely chopped
¾ cup pineapple, small pieces
½ cup walnuts, chopped fine
1 teaspoon paprika
1 pimiento
Dash cayenne
1½ teaspoons salt
¼ cup butter
2 eggs

Combine bread, celery, walnuts, pineapple, pimiento, and seasoning. Melt butter, remove from heat, stir in unbeaten eggs, add to bread mixture. Toss lightly. Use as stuffing for turkey, chicken, duck, veal roll, lamb chops or pork chops. Substitute crisp bacon cut in small pieces for nuts, reduce salt one-third and add grated onion, or substitute red or green bell pepper for pimiento.

SAUSAGE STUFFING

½ pound sausage-meat
2 cups dried bread-crumbs
Salt and pepper
1 tablespoon onion-juice
1 tablespoon minced parsley

Mix sausage and crumbs, then add seasonings.

MUSHROOM STUFFING

3 cups stale bread-crumbs
6 tablespoons butter or other fat
½ cup chopped mushrooms
2 teaspoons salt
½ teaspoon powdered thyme
1 teaspoon minced parsley

Mix ingredients in the order given.

RICE STUFFING

1 cup milk
1 cup soft bread-crumbs
1 chopped onion
1 tablespoon butter or other fat
Salt and pepper
4 cups cold boiled rice
½ pound sausage
Sage
Parsley
Sweet herbs

Pour the milk over the crumbs. Cook the onion in the fat until brown, then add the rice, the soaked crumbs, the sausage, and seasonings to taste.

CHESTNUT STUFFING

No. 1.

1 quart chestnuts
3 tablespoons butter
1 tablespoon salt
½ teaspoon pepper

Shell and blanch chestnuts and boil one-half hour in water enough to cover them, then drain. Do not chop or mash them. Add to them the butter, salt and pepper.

No. 2.

1 quart chestnuts
¼ cup bread-crumbs
2 tablespoons butter or other fat
2 tablespoons cream
Salt and pepper
Onion-juice, if desired

Shell and blanch the chestnuts and cook in boiling water until tender. While they are still hot, rub them through a coarse sieve or colander. Add other ingredients in order given.

RAISIN-NUT STUFFING

2 cups stale bread crumbs
⅓ cup butter, melted
½ cup chopped seeded raisins
½ cup broken walnut meats
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon sage

Mix ingredients together lightly with fork. Yield: 2½ cups stuffing.

WILD RICE AND MUSHROOM STUFFING

⅓ cup chopped onion
¼ cup butter
1 cup chopped mushrooms
¼ pound sausage meat
3 cups boiled wild rice
1 teaspoon salt

Sauté onion in 2 tablespoons butter 5 minutes, or until lightly browned, and remove from pan; add remaining 2 tablespoons butter and mushrooms, and cook 5 minutes, then remove from pan. Fry sausage meat until lightly browned, stirring constantly; remove from heat and stir in onion and mushrooms; add wild rice and salt, mixing lightly. This makes a light goose stuffing. Yields 5 cups stuffing or enough for 1 (10 lb.) goose.

SAUCES FOR FISH, MEAT, POULTRY, GAME, AND VEGETABLES

SAUCES add variety to the diet, make foods more attractive to the eye and to the palate, and thus stimulate appetite, aid digestion and improve nutrition.

WHITE AND BROWN SAUCES

Methods of combining flour or corn-starch with liquids are given in the front of the book. (See Index.) The simplest method of thickening sauces is by means of a roux. Equal parts of fat and flour make the best roux. If much more fat than flour is used, the fat rises to the top of the mixture. If less fat than flour is used, the paste may burn. Therefore, if more fat than flour is required in the sauce, it should be beaten in in small pieces after the liquid is added and just before the sauce is served; if less fat than flour is required, it is better not to make it into a roux but to use another method of thickening the sauce.

All sauces thickened with corn-starch should be cooked for at least fifteen minutes. Standing over hot water in a double boiler for an hour or longer improves the flavor. Sauces thickened with flour are better if cooked for at least five minutes after thickening. The seasonings should be added just before the sauce is served.

To Make a Roux

FOR A WHITE SAUCE—The American method of making a roux for white sauce is to melt the fat, add the flour and cook only until the mixture bubbles before adding the liquid. This saves time, but at the expense of the flavor of the sauce. The French method is to melt the fat, add the flour and cook, with constant stirring, for five minutes, before adding any liquid. This removes the raw taste of the flour.

FOR A BROWN SAUCE—Melt the fat and allow it to brown

before adding the flour, then stir in the flour and cook, stirring constantly, until the flour, too, is brown. This long preliminary cooking is the secret of a successful brown sauce.

STANDARD RECIPE FOR WHITE SAUCE

THIN—

1 tablespoon flour
1 teaspoon to 1 tablespoon fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

MEDIUM—

2 to 3 tablespoons flour
1 to 3 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

THICK—

4 tablespoons flour
1 to 4 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

The method to be followed in combining the ingredients, whether the sauce is thin, medium or thick, depends upon the proportion of fat to flour.

WHEN YOU USE LESS FAT THAN FLOUR, the easiest method is to heat three-fourths of the milk in the double boiler; stir the rest of the milk into the flour, using at first only enough to make a thick paste; rub out all lumps and add the rest of the cold milk. Pour this batter in a thin stream into the hot milk, stirring constantly until the sauce is thickened. Add the fat and continue cooking over hot water with occasional stirring. Season just before serving.

WHEN YOU USE EQUAL AMOUNTS OF FAT AND FLOUR, either of two methods may be followed;

1. Make a roux of the fat and flour, stir in the cold milk, a little at first, then enough to thin the roux perceptibly, then the remainder. Cook, stirring constantly, until the sauce thickens. Complete cooking over hot water with occasional stirring. Add the seasonings just before serving.

2. Heat the milk; cream together the fat and flour; add this modification of roux to the hot milk, stirring constantly, until the sauce thickens. Complete cooking over hot water with occasional stirring. Add the seasonings just before serving.

VARIATIONS OF WHITE SAUCE

Caper Sauce—Add two to four tablespoons chopped capers to one cup medium white sauce.

Celery Sauce—Add one-half cup chopped cooked celery to one cup medium white sauce.

Cheese Sauce—Put two to four ounces of cheese through a food chopper or cheese grater and mix with one cup medium or thin white sauce. Set over hot water and stir until the cheese is thoroughly blended with the sauce. Season to taste with mustard and paprika.

Cream Sauce—Use cream instead of milk for the liquid in white sauce.

Egg Sauce, No. 1—Add one chopped, hard-cooked egg to one cup medium white sauce.

No. 2—Beat a raw egg, dilute with one tablespoon of hot thin white sauce, then beat this into the remainder of a cup of sauce. If the egg-white is beaten separately, the sauce will be foamy. If only the yolk of the egg is used, a good yellow sauce will result.

Lobster Sauce—Add one-half cup fine flaked cooked lobster to one cup white sauce.

Oyster Sauce—Heat one pint of small oysters in their own liquor to boiling-point. Remove them from the fire after they have boiled one-half minute, skim, and combine with one cup medium white sauce. Season to taste.

Parsley Sauce—Add two to four tablespoons chopped parsley to one cup medium or thin white sauce.

Pimiento Sauce—Add two tablespoons minced onion and six tablespoons minced pimiento to one cup medium white sauce. The onion may be browned in the fat when making the white sauce, if you prefer.

Shrimp Sauce—Add one-half cup chopped cooked shrimps to one cup white sauce.

Soubise Sauce—Rub four boiled onions and two sprigs parsley through a strainer. Combine with one cup medium white sauce. This is very good with chops, either lamb or pork.

Tomato Cream Sauce—Cook together briskly for twenty minutes one cup tomatoes, fresh or canned, one stalk celery, one slice onion, one-half teaspoon salt and a few grains of

cayenne. Rub through a strainer, add one-eighth teaspoon soda and combine with one cup medium white sauce. Serve with baked fish or cutlets.

Yellow Sauce—Add uncooked beaten yolks of two eggs to one cup white sauce.

BÉCHAMEL SAUCE

No. 1.

Use one-half cup of meat stock instead of half of the milk in medium or thin white sauce. If an acid flavor is desired, add one teaspoon of lemon-juice to each cup of sauce.

No. 2.

1 small onion
2 tablespoons fat
1 pint milk
¼ cup chopped lean raw ham
4 tablespoons flour

Slice the onion, place the fat in a saucepan and slightly brown the onion and ham in it. Add the flour and, when well mixed, the milk. Stir until it boils, then cook over hot water for ten minutes or longer. Add seasonings, strain and use.

VELOUTÉ SAUCE

Substitute one cup of well-seasoned white stock for the milk in thin or medium white sauce.

CHAUD FROID SAUCE

White—Soak one tablespoon gelatin in cold water and add to one cup of hot velouté sauce. Mix well; strain, if necessary; let cool and use to coat cold meats.

Brown—Use a brown roux and brown stock in making the Velouté.

Yellow—Add the beaten yolks of two eggs to white chaud froid sauce just before removing from the fire.

POULETTE SAUCE

1 cup velouté sauce
1 cup cream
2 egg-yolks

Slowly add, with constant stirring, the velouté to the egg-yolks, beat in the cream and reheat over hot water. Beat well

and serve at once. It is improved by adding, a little at a time, one tablespoon butter, the juice of half a lemon, a tablespoon of chopped parsley and a dash of nutmeg.

BUTTER SAUCE À LA CREOLE

1 cup cold water
4½ tablespoons butter
½ tablespoon flour
Juice of 1 lemon

Make a sauce of one-half cup cold water, one-half tablespoon butter and the flour. When the mixture boils, stir in quickly four tablespoons butter and add, by degrees, another one-half cup of cold water to keep the mixture from boiling. Stir in the juice of a lemon and strain. It must be served at once and hot. It becomes oily if kept long. One tablespoon of chopped parsley may be added.

DRAWN BUTTER SAUCE

⅓ cup butter
4 tablespoons flour
1 pint boiling water
¼ teaspoon salt

Make a roux of four tablespoons of the butter and all of the flour. Gradually add the boiling water, stirring constantly over hot water, until the sauce comes to the boiling-point. Simmer until it is thick and smooth. When ready to serve, add salt and the remaining butter in small bits, beating constantly.

MAÎTRE D'HÔTEL SAUCE

2 cups drawn-butter sauce
1 tablespoon lemon-juice
1 tablespoon chopped parsley
2 egg-yolks
Salt and pepper

Add the lemon-juice and chopped parsley to the drawn-butter sauce. Let it cool slightly, add the beaten yolks and season with salt and pepper. Do not permit the sauce to boil after the addition of the egg-yolk.

CAPER SAUCE

Follow the recipe for maître d'hôtel sauce, omitting the parsley and adding three tablespoons capers. This is excellent with fish.

(For another recipe for caper sauce, see Variations of White Sauce, page 309.)

IMITATION CAPER SAUCE

½ cup chopped cucumber pickles
2 cups drawn-butter sauce

To the drawn-butter sauce add pickles, cut into tiny cubes of a uniform size and well drained. Boil for one minute. Serve with fish or chops.

HOLLANDAISE SAUCE

½ cup butter
Yolks of 3 eggs
Juice of ½ lemon
1 teaspoon salt
¼ teaspoon pepper
½ cup boiling water

This is one of the best sauces for fish. Beat butter to a cream, add the yolks of the eggs, one at a time, and beat well, then add the lemon-juice, salt and pepper. About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

MOCK HOLLANDAISE SAUCE

½ cup medium white sauce
3 tablespoons butter
¼ teaspoon salt
⅛ teaspoon paprika
1 tablespoon lemon-juice
2 egg-yolks

Add butter, in small pieces, to white sauce, stirring constantly. Add seasoning and lemon-juice and stir in egg-yolks. Cook, with constant stirring, until the sauce is smooth and thick.

BÉARNAISE SAUCE

4 tablespoons fat
Yolks 4 eggs
½ teaspoon salt
½ teaspoon pepper
1 tablespoon tarragon vinegar
1 teaspoon onion-juice
1 teaspoon chopped tarragon
1 teaspoon chopped parsley

Stir the fat until perfectly soft and creamy. Place the egg-yolks and the salt and pepper in the top of a double boiler and beat light with an egg-beater, then add one-third of the fat and beat until smooth, add another third and beat again, and then add the remainder and beat until all is perfectly smooth. Add the vinegar and onion-juice and beat again. Place over boiling

water and cook for three minutes, beating constantly with the egg-beater. Remove from the fire, put in the chopped parsley and tarragon and use immediately.

VICTOR HUGO SAUCE

½ teaspoon fine chopped shallot
1 tablespoon tarragon vinegar
⅓ cup butter, washed (p. 591)
Yolks of two eggs
1 teaspoon lemon-juice
1 teaspoon meat extract or one meat cube
1 tablespoon grated horseradish

Cook the shallot in the vinegar for five minutes. Wash the butter and divide it into thirds. Add one of the thirds to the vinegar, with the egg-yolks, lemon-juice and meat extract. Cook over hot water, stirring constantly. As soon as the butter is melted, add the second piece, and then the third piece. When the sauce thickens, add the grated horseradish.

GIBLET GRAVY

Giblets and neck of fowl
2 tablespoons chicken fat
2 tablespoons flour
Salt and pepper

Place the giblets (liver, heart and gizzard) and the neck in a saucepan and cover them with cold water. Simmer slowly and when they are tender remove the flesh from the neck and chop it fine with the giblets. Save the stock in which the giblets and neck were cooked. Heat the fat in a small saucepan on top of the stove and when it is hot stir in the flour. Cook two minutes, then add one cup of the stock pouring it in gradually so that it will not thin the gravy too much. If the gravy seems too thick, add a little hot water. Last, put in the chopped giblets and season to taste with salt and pepper.

BREAD SAUCE

1 cup stale bread-crumbs
2 cups milk
Salt
1 onion
3 tablespoons butter
Pepper

This sauce is generally served with small birds. It may be served with roast chicken or duck. The crumbs must be entirely white. Sift them through a coarse sieve, place the ones that pass through in the milk, add the onion and place in a stew-

pan on the fire to cook. Cook for twelve minutes, remove the onion and add one tablespoon of butter with salt and pepper to taste.

Browned Crumbs—Place the remaining butter on the fire in a frying-pan, add the coarse bread-crumbs and fry them until brown, being careful to have the fat very hot before putting in the crumbs. Stir vigorously for two or three minutes, but do not allow the crumbs to burn. Serve the sauce in a gravy-dish and sprinkle with the browned crumbs.

BROWN SAUCE

No. 1.

1 tablespoon chopped onion
2 tablespoons fat
Pepper
2 tablespoons flour
1 cup brown meat stock
Salt

Brown the onion and fat. Add the flour and make a brown roux (See Index). Pour in the brown stock and cook with constant stirring until the sauce thickens. Strain to remove the particles of onion, and season with pepper and salt. If the roux was not sufficiently brown to make the sauce a desirable color, a few drops of vegetable flavoring or of Worcestershire sauce may be added. If a more highly flavored sauce is desired, add a slice of carrot, a sprig of parsley, a little thyme and a few peppercorns to the onion, and brown in the fat.

No. 2—In making brown sauce for a roast, the simplest way is to use the fat and juice of the roast. Add two tablespoons of flour to two tablespoons of the hot drippings, stir and cook well. Then add one cup of boiling water, stir well to avoid lumps, and season to taste with salt and pepper. If liked, add a tablespoon or two of catchup or a flavoring of Worcestershire or other sauce.

MADE GRAVY

2 small onions
1 carrot
Small piece of lean beef, size of egg, or 1 beef cube or 1 teaspoon beef extract
Butter or other fat
Flour
Pepper
Salt
Catchup

Cut up onions and carrot, place them with the lean beef or extract in a stew-pan with the fat and brown all together. Add enough water to cover the mixture and stir slowly until the

vegetables are cooked. Strain, thicken with flour, using two tablespoons to each cup of liquid, and add pepper, salt and catchup. Color brown with caramel or vegetable flavoring if necessary.

CURRANT JELLY SAUCE

1 onion
1 tablespoon fat
1 tablespoon flour
½ cup currant jelly
1 stalk celery
1 bay-leaf
2 tablespoons vinegar
2 cups stock

Slice the onion and cook in the fat till it begins to color, then add the flour and herbs and stir until brown. Add the vinegar and the stock and simmer twenty minutes. Strain, skim off all the fat, put in the jelly and stir until it is melted. This sauce is used with game.

MUSHROOM SAUCE

4 tablespoons fat
4 tablespoons flour
2 cups stock
1 cup mushrooms, fresh or canned
Salt and pepper

Make a brown sauce of the fat, flour and stock. Add one cup mushrooms and cook until hot. If mushrooms are overcooked they will become tough. Three or four minutes is sufficient for those that have been canned and five or six minutes for fresh ones.

This sauce is used with any kind of roasted, broiled or braised meat, particularly with beef.

ONION SAUCE

½ cup minced onion
3 tablespoons fat
3 tablespoons flour
1½ cups beef stock
1 tablespoon minced parsley

Cook the onion with the fat until slightly browned. Stir in the flour, then add the stock and parsley, stirring constantly. Serve with beef.

SAUCE PIQUANTE

2 tablespoons butter or other fat
2 onions
2 carrots
2 shallots
Thyme
1 tablespoon minced parsley
2 cloves
1 clove garlic
2 tablespoons flour
1 cup beef or veal stock
½ cup vinegar
Salt and pepper

Melt fat, slice into it onions, carrots and shallots. Add a little thyme, minced parsley, cloves and clove of garlic. Let this mixture cook until the carrot is soft, then add flour. Let it cook for five minutes more, and add beef or veal stock and vinegar, skim, and strain through a sieve. Add salt and pepper when boiling.

SAUCE ROBERT

6 onions
2 tablespoons fat
2 tablespoons flour
1 cup stock
1 tablespoon lemon-juice
1 tablespoon mushroom catchup
Salt and pepper
Mustard

Slice onions and sauté them in the fat in a small saucepan until they are well browned; then add the flour, mushroom catchup, stock, salt, pepper and mustard to taste and the lemon-juice. This sauce may be served with both cold and hot meats.

CURRY SAUCE

1 tablespoon fat
2 teaspoons chopped onion
1 teaspoon curry-powder
1 pint stock, milk or water
1 tablespoon flour
Salt and pepper

This sauce is used as a basis for many dishes. Cold meat or fish, oysters, hard-cooked eggs, canned or left over salmon, lobster, and shrimps, all may be heated in this sauce and a great variety of dishes is thus made possible. Have the fat hot and sauté in it the chopped onion until a delicate brown, then add the curry-powder and stock or water. Simmer for ten minutes and then stir in the flour that has been rubbed smooth in a tablespoon of cold water. Allow it to boil for a minute or two, stirring constantly. Strain and it is ready for use.

SAUCE SUPREME

2 tablespoons fat
2 tablespoons flour
1 cup chicken stock
2 tablespoons lemon-juice
2 teaspoons chopped parsley

Place the fat in a frying-pan, over the fire, and when it is hot, add the flour. Stir well. When it is turning brown, add the chicken stock and boil for several minutes, stirring constantly. Then add the lemon-juice and the parsley. After the sauce has boiled up once, it is ready to serve.

OLIVE SAUCE

2 dozen olives
2 tablespoons salad oil
1 slice onion
1 lemon
2 tablespoons flour
1 pint stock
Salt and pepper

Place the olives in an earthenware bowl, cover with hot water and let them remain for half an hour to draw out the brine. Place the oil in a frying-pan, and add the onion; when this commences to color, add the flour. Stir until smooth. After it has cooked for two minutes, add the stock, and regulate the heat so that the sauce will simmer gently. Pare the olives from the stones, round and round as though paring an apple, leaving the pulp in a single strip. If this is done carefully, the olives will coil back into shape. Place them in the sauce, add the seasoning and the juice of the lemon and simmer for twenty minutes. Skim carefully and serve.

SPANISH SAUCE

1 tablespoon minced lean raw ham
1 tablespoon chopped celery
1 tablespoon chopped carrot
1 tablespoon chopped onion
2 tablespoons fat
2 tablespoons flour
½ cup stock
½ cup tomato-juice
½ teaspoon salt
⅛ teaspoon pepper

Melt the fat. Add the ham and vegetables and cook until they are brown. Make a sauce of this mixture and the flour, salt, pepper and liquid.

CHATEAUBRIAND SAUCE

3 tablespoons fat
1 tablespoon lemon-juice
1 teaspoon salt
Pepper
1 teaspoon minced parsley
2 cups Spanish sauce

Whip together the fat, lemon-juice, salt, a pinch of pepper and minced parsley. Add the Spanish sauce, reheat, stir for a moment and serve.

TOMATO SAUCE

1 quart fresh or canned tomatoes
1 slice onion
8 cloves
3 tablespoons fat
3 tablespoons flour
Salt and pepper

Set the tomatoes, onion and cloves on the fire and cook for twenty minutes. Brown the fat in the frying-pan, add the flour, and cook until smooth and brown, stirring constantly. Add the tomatoes, cook for three minutes, season with salt and pepper and pass through a strainer fine enough to hold back the seeds. This makes a very thin sauce. Use more flour if you prefer a thick sauce.

TOMATO AND MUSHROOM SAUCE

2 slices bacon or small quantity uncooked ham
1 slice onion
6 slices carrot
Bay-leaf
2 sprigs thyme
Sprig parsley
½ No. 1 can mushrooms
2 cloves
½ teaspoon peppercorns
Few gratings nutmeg
½ No. 2 can tomatoes
5 tablespoons flour
1½ cups brown stock
Salt and pepper

Chop the bacon or ham, and cook with onion and carrot for five minutes. Add bay-leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook five minutes. Mix the flour with five tablespoons of cold water and rub out all the lumps; then add enough water so that the batter can be poured in a thin stream. Add to the sauce, stirring constantly. As the sauce thickens, dilute it with the stock. Cover, set in the

oven (300° F.) and cook one hour. Strain, add salt and pepper to taste and the mushrooms, drained and cut in quarters. Then cook two minutes over direct heat.

RAVIGOTE SAUCE

1 cup thin white sauce
¼ cup lemon-juice
1 tablespoon tarragon vinegar
1 tablespoon minced shallot
1 tablespoon minced chervil
1 tablespoon minced tarragon leaves
1 tablespoon minced chives
1 tablespoon butter

While sauce is hot, add other materials, except butter. Keep hot five minutes, strain, beat in butter. Serve hot or cold.

BROWNED BUTTER

Place a piece of butter in a hot frying-pan and toss about until it browns. Stir browned flour into it until it is smooth and commences to boil. This is used for coloring gravies, sauces, etc.

BROWNED FLOUR

Spread flour on a pie-tin and place on the stove or in a very hot oven (450°-500° F.). When it begins to color, stir constantly until it is evenly browned throughout. When cold, cork closely in jars.

GLAZING FOR MEAT

No. 1—Boil one quart of consommé until it is reduced to one cup. For half-glaze, reduce it to one pint.

No. 2—Simmer a small amount of jellied stock with burnt sugar until it becomes like a sirup.

No. 3—To one cup brown stock, add one-half tablespoon gelatin soaked in four tablespoons water. The glaze should be melted over hot water and applied to meat, fish, game or poultry.

No. 1. CRANBERRY SAUCE

1 quart cranberries
2 cups sugar
2 cups boiling water

Boil the sugar and water together for five minutes. Remove any scum that may have formed. Add the cranberries and cook without stirring until they are thick and clear.

No. 2—Cook the cranberries and water together until the skins of the berries are broken. Add the sugar and simmer for five or ten minutes. Chill before using.

No. 3—If a strained sauce is desired, cook the cranberries and water as in No. 2 and rub through a sieve. Return the strained portion to the fire, add the sugar and simmer for five or ten minutes.

SPICED CRANBERRIES

4 cups cranberries
5 cloves
3 cups sugar
5 allspice
2 sticks cinnamon
2 blades mace

Pick over and wash the berries. Place in a saucepan and cover with cold water. Tie spices in a cheese-cloth bag and drop in with the berries. Cook until the berries burst. Remove spices, add sugar, and cook until the mixture is clear. Chill.

MOCK WILD CHERRY SAUCE

1 quart cranberries
1 cup water
2¼ cups sugar
1 teaspoon almond flavoring

Add cranberries to boiling water, cover and cook until the berries burst. Add sugar and boil a few minutes longer. Add flavoring.

No. 1. APPLE SAUCE

4 quarts sweet cider
2 quarts apples

By boiling it uncovered, reduce four quarts of new cider to two quarts. Pare, quarter and core the apples and simmer with the cider for four hours. Flavor with cinnamon, if desired.

No. 2.

1 quart apples 1 cup sugar 1 cup water

Pare, chop and place apples in a deep pudding-dish; sprinkle with sugar, and pour water over them. Bake in a slow oven (250°-350° F.) two hours or more, until they are a rich red-brown. Serve with goose, pork or game.

MINT SAUCE

1 tablespoon powdered sugar
½ cup vinegar
¼ cup minced mint leaves

Dissolve sugar in vinegar. Pour this over minced mint leaves and set where it will keep warm but not hot. Allow it to infuse for half an hour. If vinegar is very strong, dilute with water.

CURRANT MINT SAUCE

⅔ cup currant jelly
Shavings from orange-rind
1 to 2 tablespoons chopped mint leaves

Separate jelly into pieces, but do not beat it. Add chopped mint leaves and orange-rind shavings. Serve around roast.

SOUTHERN BARBECUE SAUCE

½ cup butter or other fat
1 sour pickle, finely chopped
2 tablespoons chopped onion
2 tablespoons Worcestershire sauce
2 tablespoons chili sauce
4 slices lemon
1 teaspoon brown sugar
1 green pepper, chopped fine
1 cup vinegar

Combine all ingredients and mix thoroughly. Place in a saucepan and simmer until butter or other fat melts, stirring constantly. Place in the top of a double boiler and keep warm until ready to use on barbecued meats or as a sauce for barbecued sandwiches. Makes 1¾ cups sauce.

Barbecued Meats, beef, lamb, veal and pork in the form of roasts, chops or steaks are braised in this sauce. Chicken may also be used.

CUCUMBER SAUCE

2 cucumbers
½ cup stock
½ tablespoon vinegar
Salt and cayenne
Celery essence

Cut peeled cucumbers into very small pieces. Simmer until tender in a saucepan with stock, vinegar, salt, cayenne and a little celery essence. Celery-salt may be used instead of plain salt, if preferred. A bit of boiled onion and a little butter may be added also, if desired. Strain through a sieve.

ANCHOVY SAUCE

¼ cup fresh butter
1 teaspoon anchovy paste
Cayenne pepper

Melt the butter and stir in the anchovy paste and the cayenne pepper. Warm and stir thoroughly and serve with either boiled or fried fish.

BEURRE NOIR

2 tablespoons butter
1 tablespoon vinegar
1 teaspoon lemon-juice
1 tablespoon chopped parsley
½ teaspoon salt
¼ teaspoon pepper

Place the butter in a frying-pan and when it is browned add the other ingredients. Boil up once and serve. This sauce is poured over fried fish or boiled fish just before serving.

PARSLEY BUTTER

3 tablespoons butter
½ to 1 tablespoon lemon-juice
1 tablespoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper

Cream butter and add lemon-juice, chopped parsley, salt and pepper. This may be used to spread on fried or boiled fish or over potato balls. When intended for potato balls, one-half tablespoon of lemon-juice will be enough.

LOBSTER BUTTER

1 lobster coral
3 tablespoons chopped lobster
3 tablespoons butter
Seasoning

Lobster butter is used in lobster soups and sauces to give color and richness. Pound the coral of a lobster to a smooth

paste with two tablespoons of butter, add chopped lobster and remaining tablespoon of butter and pound again until all is reduced to a smooth paste, then rub through a fine sieve. If coral is not obtainable, the small claws may be pounded with the butter.

MUSTARD SAUCE

1 tablespoon dry mustard
½ teaspoon sugar
¼ teaspoon salt
1 tablespoon vinegar
1 tablespoon melted butter
¼ cup boiling water

Mix dry ingredients, add liquids, mix well and serve.

JELLY SAUCE

1 glass currant or grape jelly
1 teaspoon dry mustard
1 teaspoon salt

Turn the currant or grape jelly out into a deep plate and beat it to a foam. Then add dry mustard and salt and beat again thoroughly.

ORANGE RAISIN SAUCE

1 cup boiling water
Juice and grated rind of one orange
¼ cup sugar
1 tablespoon flour
1 tablespoon butter
⅓ cup seeded raisins

Mix the dry ingredients, add boiling water and cook until clear. Add the orange-juice and rind, the raisins and the butter.

REMOULADE SAUCE

2 hard-cooked egg-yolks
1 raw egg-yolk
3 tablespoons tarragon vinegar
3 tablespoons cider vinegar
2 cups oil
1 teaspoon mustard
½ teaspoon salt
1 teaspoon parsley

Put the cooked yolks of eggs through a coarse wire sieve, and then put them in a dish with the raw yolk and the seasoning. Add two tablespoons of the vinegar and beat thoroughly five minutes. Next add the oil, one teaspoon at a time, beating the mixture two or three minutes at a time after each addition of oil. When five teaspoons have thus been added, the rest of

the oil may be put in in larger quantities, three or four teaspoons at a time. Whenever the sauce becomes so thick that the beater turns hard, put in one-half tablespoon of vinegar. This sauce may be used for meat, for salads, or for such vegetables as asparagus, broccoli and artichokes. It may be varied by adding capers, minced gherkins and a dash of cayenne. There is not a great deal of difference between remoulade sauce and mayonnaise.

TARTAR SAUCE

1 cup mayonnaise dressing
1 teaspoon onion-juice
1 tablespoon capers
1 tablespoon chopped cucumber pickle

Make the mayonnaise rather more sour and with a little more mustard than for salad, and mix into it the capers, pickle and onion-juice. Set in the refrigerator until needed. It should be quite thick when served.

HORSERADISH SAUCE

No. 1.

1 teaspoon mustard
3 tablespoons cream
1 tablespoon vinegar
Salt
Horseradish

Mix the first four ingredients and add as much grated horseradish as needed to make it the desired thickness.

No. 2.

¼ cup heavy cream
3 tablespoons grated horseradish
1 tablespoon vinegar
¼ teaspoon salt
Sprinkle of cayenne or pepper

Whip the cream stiff. Mix the other ingredients and beat them gradually into the whipped cream. Serve on baked ham.

BUTTER-ORANGE FLUFF

¼ pound butter
½ cup brown sugar
1 teaspoon grated orange rind

Cream the butter until light and fluffy. Add brown sugar gradually, beating the mixture to a light, fluffy mass. Stir in the grated orange rind. Use for waffles and pancakes.

VINAIGRETTE SAUCE

1 teaspoon salt
¼ teaspoon paprika
Few grains pepper
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
6 tablespoons olive oil
1 tablespoon chopped pickle
1 tablespoon chopped green pepper
1 teaspoon chopped parsley
1 teaspoon chopped chives

Mix the ingredients in the order given.

CREOLE SAUCE

2 tablespoons chopped onion
4 tablespoons minced green pepper
2 tablespoons butter
3 tablespoons flour
Salt and pepper
2 tomatoes or ½ cup canned tomatoes
1 cup bouillon
¼ cup sliced mushrooms

Sauté onion and pepper in butter 5 minutes; add flour and seasonings and stir until browned; add tomatoes and mushrooms gradually and cook 2 minutes; then add bouillon and heat to boiling. Serve with omelet, spaghetti and fish. Yield: 2 cups.

FRONTIER SAUCE

3 tablespoons flour
2 tablespoons butter
½ teaspoon salt
½ teaspoon paprika
Dash of tabasco
¾ cup tomato juice
¼ cup liquid drained from stewed or canned mushrooms
2 tablespoons heavy cream

Stir flour into melted butter; add seasonings and tabasco, then add tomato juice and mushroom liquor gradually and cook 5 minutes, stirring constantly until smooth and thick. Add cream and blend. Serve on macaroni or spaghetti. Yield: 1¼ cups sauce.

ENTRÉES AND MADE-OVER DISHES

AN entrée is a dish that is served as an independent course between two main courses of a meal. In an informal meal, an entrée of protein food may be served as the main course.

An entrée is usually a "light" dish, small in bulk, and is often accompanied by a sauce which may or may not be an integral part of the dish. It may be served either hot or cold. Hot entrées are often accompanied by a hot sauce, such as Hollandaise or maître d'hôtel; and cold entrées by cold sauces, —vinaigrette, tartar, etc. Ordinarily the hot entrée precedes the roast and the cold entrée follows it.

Entrées may be made of a great number of foods—eggs in many attractive forms; fish of all kinds; meat, such as lamb, veal and tender cuts of fowl and beef, cooked by some method other than roasting; macaroni and spaghetti; some fruits; and many kinds of vegetables.

Increasingly in America today vegetables are served as entrées. This is undoubtedly due to the fact that the eating habits of the nation have changed, because we have a growing knowledge of and interest in the food-values of vegetables and fruits. For luncheon and dinner now one vegetable is often raised to the dignity of becoming a course by itself.

Hot Entrées

CREAMED MIXTURES—These are the most simple and easily prepared of the hot entreés. Any well-seasoned creamed mixture may be used. It must be kept hot and transferred at the last possible moment to the container in which it is to be served. This may be merely a slice of toast, an individual case such as a ramekin, patty shell or timbale case, or a border formed of bread, rice or potato.

FORCEMEATS—These should have a smooth, velvety texture. They call for more effort in preparation than any other type of entrée. They are made of cooked or uncooked meat or fish in finely divided form, those made of the uncooked material being considered the more choice. Such foods as chicken and

ham, shell fish and any fine white fish make typical forcemeats. Forcemeats may be used in combination with other materials or cooked alone to form cutlets and timbales. The cutlets are cooked in shallow, chop-shaped molds and the timbales in deep, straight sided molds.

CROQUETTES—Croquettes are made of cooked and chopped ingredients held together, usually, by means of a thick sauce. When the mixture is cold, it is made into shapes of uniform size, which are coated with flour or sifted crumbs, then rolled in an egg mixture so that the egg forms a continuous film, then rolled in crumbs again. The egg mixture is made by adding two tablespoons of water or milk to each egg required, and beating just enough to break up the white of the egg. The croquettes may be allowed to stand until dry or may be fried at once in deep hot fat. This is a good way to use left-over cooked foods.

Croquettes are made in the form of balls, rolls, cones, nests or cups, cutlets or flat cakes. Whatever shape is desired, it is usually easier to attain it by making the mixture into a ball first, thus insuring a compact mass from which the chosen form may be readily molded.

CUTLETS—This word, as used in this chapter refers to the form in which the food is cooked rather than to a distinct type of food. Sometimes cutlets are made by packing forcemeat into shallow, chop-shaped molds, but more often they are croquettes, cut or shaped to look like breaded chops or cutlets. The term may be extended to include boiled cereal, such as rice or cornmeal, which has been packed into a shallow dish, left until cold, and then cut into pieces, rolled in egg and crumbs and fried or sautéd.

FRITTERS—These may be composed of a piece of fruit enclosed in a batter, then fried in deep hot fat and served with an appropriate sauce; or chopped fruit, chopped vegetable, or other chopped food, such as clams or lobster, stirred into the batter and fried by spoonfuls.

TIMBALES—This term is sometimes used to describe forcemeat cooked in straight-sided deep molds. More frequently perhaps it refers to sugarless custards cooked in timbale molds. In timbales of this type, where egg is the thickening agent, savory seasonings are used, and the milk which ordinarily forms an important component of custard is replaced in part or entirely by meat stock or vegetable purée.

All timbales are cooked in molds of some sort; they are cooked by oven-poaching and are not browned. They are turned out of the molds before they are served. A circle of buttered paper laid in the bottom of the mold before it is filled insures perfect unmolding.

Hot Soufflés—These are the lightest of the entrées, being made so by well-beaten egg-white folded into the seasoned foundation mixture. This may be simply a fruit purée or pulp; it may be a white sauce combined with egg-yolks and the characterizing ingredient; or it may be a panada made by cooking either cracker or bread-crumbs with milk and adding the prepared ingredient, this method being best for meat soufflés. Soufflés need the same careful baking given to egg timbales and are served in or from the baking-dish. The top should be browned.

Fillets—This type of entrée is composed of a solid piece of meat or fish, and may comprise breasts or joints of poultry, chops, large oysters, scallops, crabs, fillets of fish and the first three cuts of beef tenderloin. These when used as entrées, may be cooked by broiling, sautéing, frying or oven-poaching, but never by roasting because the flavor and effect would be too much like that of the main course.

Vegetable Entrées—Hot or Cold

The following vegetables are suggested for service as entrées: asparagus, cauliflower and broccoli, hot with Hollandaise or butter sauce, or cold with vinaigrette; tomato surprise, stuffed, for instance, with mushrooms; corn on the cob; mushrooms; baked lima beans; long, thin string beans, not cut or split; large beets hollowed out and filled with bread crumbs and tiny peas or chopped carrots or both; stuffed peppers; egg plant; baked Hubbard squash, Brussels sprouts; braized celery or endive; cucumbers; and artichoke bottoms stuffed with forcemeat and baked.

Cold Entrées

Aspics—Aspic is a spiced tart jelly made from brown or white meat stock alone or in combination with gelatin. It is used to enclose a variety of foods in a mold or to give a transparent coating of shining, sparkling finish. Various foods may

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be molded in aspic—for instance, stuffed olives, plain or stuffed tomatoes, eggs, birds, beef tongue, chicken salad or a mousse.

Aspics give ample opportunity to show inventiveness in design, for they are usually elaborately decorated. Decorative shapes may be cut from pimiento, green or red pepper, olives, pickles, hard-cooked egg-white, yellow custard, parsley, truffles or cooked vegetables. Green peas and capers, also, are frequently used.

Chaud Froids—For these dishes, the sauce is made up hot but the finished product is served cold. The sauce, which may be white, yellow or brown, and stiffened with gelatin, is used to give a smooth, glossy surface to eggs, cutlets, breast or other choice pieces of chicken, fish fillets, etc., all of which must be plainly cooked and well seasoned. A decoration is usual, also a final coating of aspic.

Mousses—This term, used in connection with entrées, refers to a dish made of a meat, fish or vegetable purée stiffened with gelatin and made light by means of beaten cream. It is molded to give it shape, chilled, then unmolded for serving.

Cold Soufflés—It is difficult to differentiate these from the mousses. About the only difference is the manner of serving. The mixture may be put into individual dishes of china, or paper cases, having paper bands pinned about the top to give greater height. When the mixture is chilled, the bands are removed. The mixture, extending above the edge of the container, gives the effect of great lightness, thus simulating a soufflé.

Salads—Salads are not usually thought of as entrées, but in a formal menu are so considered.

Borders and Cases

BREAD CROUSTADES

Cut slices of bread from one to two inches thick. Remove the brown part of the crust. Cut each trimmed slice into two oblongs or two triangles, for large croustades, or into four squares or four triangles, for small croustades. Or shape the bread with cookie cutters into circles, diamonds, etc. Insert the point of a sharp knife into the top of the shaped piece, one-half inch from the edge, and cut around the outline, running

the knife down to within one-half inch of the bottom. Insert the knife point horizontally through one side of the slice, one-half inch from the bottom, and cut out and remove the center, leaving a box with half-inch walls and bottom. Fry these cases in deep fat, (375°-390° F.) or, if you prefer, brush them over with melted fat and set them in a moderate oven (350°-400° F.) to brown.

RICE CROUSTADES

Cook one cup of washed rice in white stock instead of in water. Drain well, mix with a thick white sauce, and spread in a greased pan to the depth of about two inches. Cover with oiled paper and place weights on top, so that the mixture may become very compact when cold. When it is perfectly firm, cut it in circles, make a cavity in the center of each, dip the case thus made in fine bread-crumbs, then in egg, and again in crumbs, and fry in deep fat (375°-390° F.).

POTATO BORDER

9 medium-sized potatoes
2 tablespoons butter
½ cup hot milk
1 tablespoon salt
2 eggs

Boil and rice the potatoes. Add remaining ingredients except ¼ teaspoon salt and the egg whites. Beat the mixture until very light. Pack into a border mold, well greased, and set in warm place eight minutes. Unmold onto an oven-proof platter. Beat egg whites, with remaining salt, to a froth, spread over the border and brown in a slow oven (300°-350° F.).

Potato Timbales—Peel potatoes and cut into tiny strips lengthwise. Heat in a small amount of fat until slightly soft—don't brown. Remove, sprinkle with salt and arrange nests inside large deep muffin tins, pressing firmly against sides and bottom. Bake in hot oven (450° F.) for 15 minutes. Use carrots, parsnips, macaroni, spaghetti or fine noodles instead of potatoes.

RICE BORDER

1 cup rice
3 cups white stock
1 tablespoon salt
2 egg-yolks
2 tablespoons butter or other fat
3 tablespoons milk or cream

Cook washed rice in white stock for one-half hour, then add salt and butter or other fat and cook slowly twenty minutes

more. Beat the yolks of the eggs with the cream or milk and stir in. Grease a border mold, pack the rice firmly into it, let it stand eight to ten minutes in a warm (not hot) place and turn out on a hot platter. Fill the center with any meat preparation warmed in sauce.

TIMBALE ROSETTES

1 egg	½ cup flour
10 tablespoons irradiated evaporated milk	⅛ teaspoon salt
	1½ teaspoons sugar

Beat egg slightly. Add milk. Sift flour, then measure. Resift with salt and sugar into the egg and milk mixture. Stir until batter is smooth. It should be about the consistency of heavy cream. Use a deep, heart-shaped timbale iron. Dip in the hot fat to heat, then in the batter, being careful that the batter does not come up over the top of the iron.

Have ready a small, deep kettle of fat, place the iron in it and heat until the fat is hot enough to brown a piece of bread while counting sixty (370° F.). The fat should be deep enough to cover the mold end of the iron. Take out the heated iron, remove surplus fat with a piece of absorbent paper and lower the iron into the batter until it is covered not more than three-fourths its height. This is necessary to allow for the rising of the batter during cooking. If only a thin layer of batter adheres to the iron, plunge it in again, and repeat if necessary until there is a smooth layer of partly cooked batter. Plunge it quickly into the hot fat and cook from two to three minutes. Remove from the fat, slip the case from the iron on to absorbent paper and continue until you have the required number of cases.

A fluted iron is easier to work with than a plain one, because the case does not slip off until thoroughly cooked. A properly cooked case, however, should slip easily from the mold. If the cases are not crisp, the batter is too thick and should be diluted with milk.

These cases may be filled with a creamed vegetable, creamed oysters, chicken or sweetbreads, or with fresh or cooked fruit topped with whipped cream or powdered sugar. When sweet fillings are used, they are served as a dessert. This recipe makes about 20 cases with an iron of average size.

RISSOLES

These are practically little turnovers, filled with a highly seasoned mixture of chopped chicken and ham or other delicate meat moistened with white sauce. Roll puff-paste very thin and cut in circles. Place a teaspoon of the mixture in the center of each circle, moisten half the circumference with cold water, and fold the other half over, pressing the edges closely together. Dip in slightly beaten egg mixed with a tablespoon of water. Fry in deep fat (360°-370° F.) and drain thoroughly.

BOUCHÉES

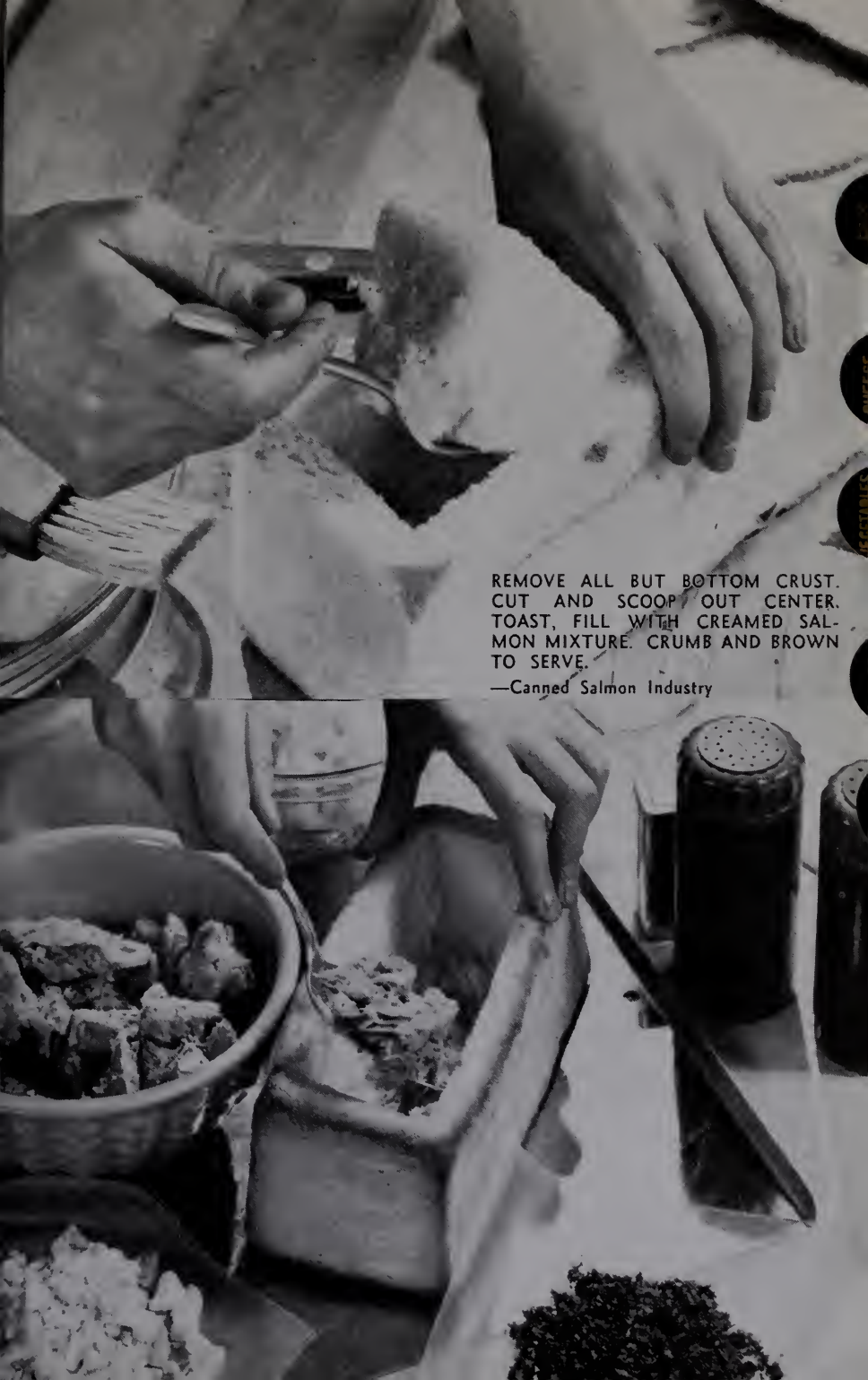
Small pastry shells or cases filled with creamed meat or game are called bouchées, and are much in vogue for entrées. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish, etc. Paper cases, bought at the confectioner's, may be used instead of the pastry shells.

PATTY CASES

Roll puff-paste to the thickness of one-half inch and with a cookie cutter shape circles two and one-half to three inches in diameter. With a tiny cutter, remove the centers from half of the circles. Brush the edges of the complete circles with water and lay the rings on top. Chill thoroughly, then bake in a hot oven (400°-450° F.) from fifteen to twenty minutes. At the same time, bake the small centers removed from the upper layers of the cases, and use them as lids for the filled patties.

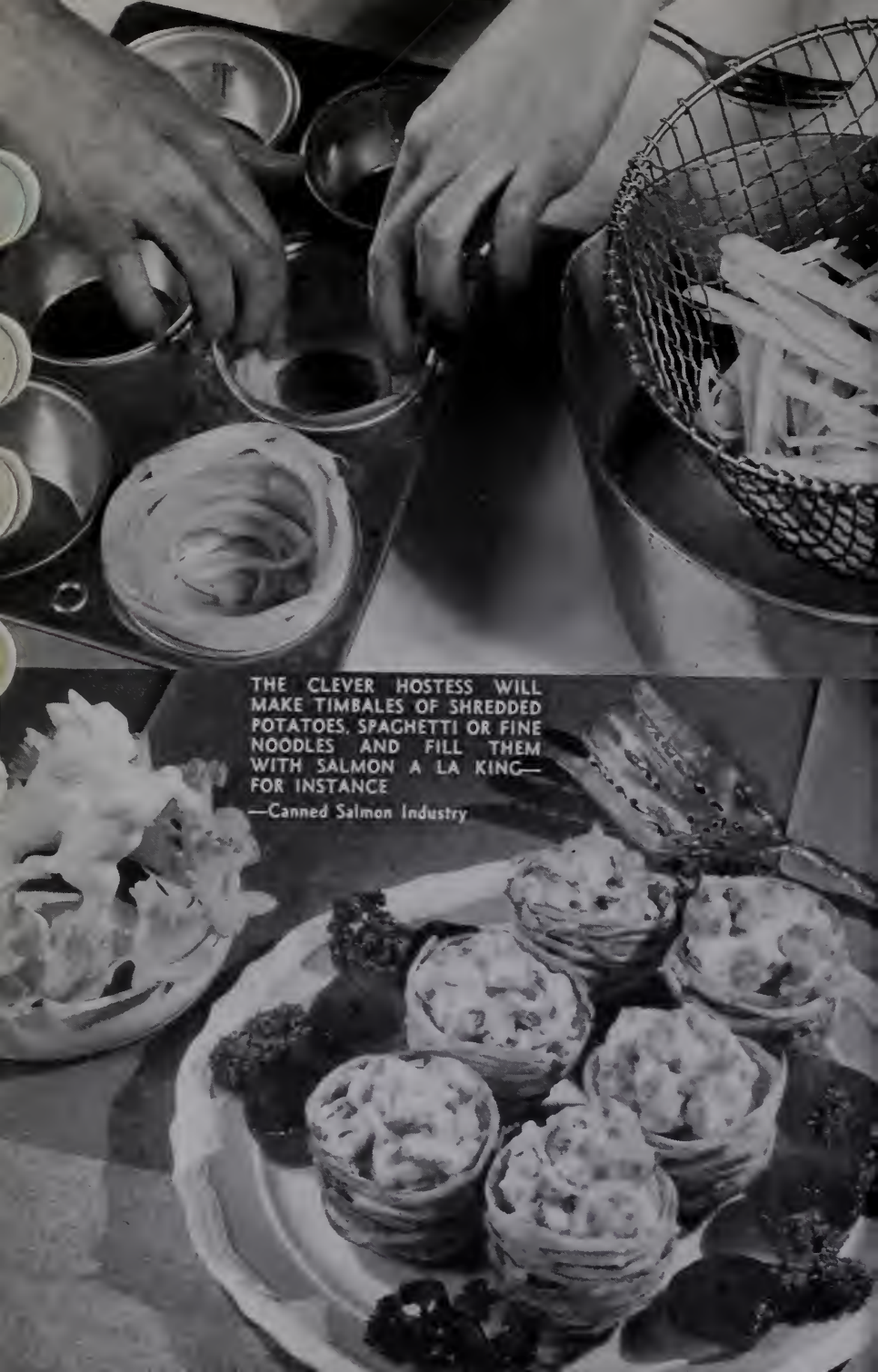
VOL AU VENTS

A vol au vent is a large patty. The French name signifies something that will fly away in the wind. Roll out puff-paste one and one-half inches in thickness, and cut a circle about six inches in diameter, using a cutter or, with a sharp knife, cutting around the edge of a plate laid on the paste. Place the circle on a baking-tin and, with a sharp pointed knife or a smaller cutter, cut a circle around the top about one and one-half inches from the edge and about an inch deep. Do not remove the center but bake the entire circle in a large, flat pan in a hot oven (450°-500° F.) from thirty to fifty minutes.



REMOVE ALL BUT BOTTOM CRUST. CUT AND SCOOP OUT CENTER. TOAST, FILL WITH CREAMED SALMON MIXTURE. CRUMB AND BROWN TO SERVE.

—Canned Salmon Industry



THE CLEVER HOSTESS WILL MAKE TIMBALES OF SHREDDED POTATOES, SPAGHETTI OR FINE NOODLES AND FILL THEM WITH SALMON A LA KING—FOR INSTANCE

—Canned Salmon Industry

MAKE QUICK TIMBALES OF TOAST OR FORMAL ONES WITH THE FLUTED IRON

—Wheat Flour Institute

—Irradiated Evaporated Milk Institute

THE RING MOLD IS THE DELIGHT OF FAMILY AND FRIENDS WHETHER OF NOODLES, VEGETABLES OR CHICKEN MOUSSE

—John F. Jelke Company

—Kraft-Phenix Cheese Corporation

When the outer crust is cooked, lift out the center, remove the uncooked paste from below, and the shell is ready to be filled. It may be filled with lobster meat, oysters, chicken, or any kind of delicate meat or fish chopped and seasoned, and heated in Béchamel, white, brown or mushroom sauce, or with sweetmeats of any kind or fresh berries, sweetened. In using fish, always add one teaspoon of lemon-juice to the mixture after it is taken from the fire.

HOT ENTREES

Creamed Mixtures

PATTIES

Patty cases are usually made ahead of time and must be thoroughly heated before they are filled. To heat them, place them in a moderate oven (350°-400° F.) fifteen or twenty minutes before they are to be filled.

Chicken—Fill hot patty cases with creamed chicken.

Clam—Fill hot patty cases with creamed clams (See Index).

Lobster—Fill hot patty cases with creamed lobster.

Sweetbread—Fill hot patty cases with creamed sweetbreads.

CHICKEN OR SALMON À LA KING

2 cups cooked diced chicken
2 tablespoons flour
2 tablespoons butter
2 egg yolks
1 green pepper, minced
1 pimiento, cut in thin strips
1 cup mushrooms, sliced
1 cup chicken stock or milk
1 cup sour cream or evaporated milk
4 teaspoons sherry
Salt and pepper to taste

Melt the butter, add the peppers and mushrooms and sauté light yellow. Lift out. Blend the flour with the seasoned butter. Then add the chicken stock and cook till thickened. Add the chicken and, when hot, add the cream combined with the beaten egg yolks, the mushrooms, pepper and pimiento. Add the sherry and serve immediately. Do not cook after adding the eggs or the mixture may curdle. Stand over hot, not bubbling, water, if necessary. Use 1 can red salmon, boned and skinned.

CHOP SUEY

2 pounds uncooked chicken-breast cut into pieces one-sixteenth inch by one inch by one-half inch
Bean sprouts equal in measure to the chicken
2 cups onions cut into threads
2 cups bamboo shoots cut into pieces the same size as the chicken
2 cups mushrooms sliced thin
Fat or oil

Put the chicken meat, bean sprouts, onions, bamboo shoots and mushrooms into a frying-pan with a little fat or oil to prevent sticking and sauté for ten minutes. Add hot water to cover and cook for fifteen minutes longer. Add Chinese gravy; season to taste; remove from fire and serve at once.

Chinese Gravy—

1 cup primary soup or chicken stock
1 teaspoon corn-starch
Sesamum seed oil
Sugar Salt
1 teaspoon Chinese sauce (can be bought ready prepared)

Mix the corn-starch in a little cold water, stir in the primary soup or chicken stock and let it boil until it thickens. Add the Chinese sauce, a few drops of sesamum seed oil and sugar and salt to taste. Stir well.

Primary Soup—

½ pound lean pork
½ pound chicken
1 pint water

Chop the meat into small pieces and simmer two and one-half hours, then strain through several folds of cheesecloth.

SWEETBREAD AND OYSTER PIE

1 pair sweetbreads
2 dozen oysters
1 tablespoon fat
1 tablespoon flour
1 cup cream or milk
2 egg-yolks, hard cooked
Pepper and salt
Puff or plain pie-paste

Prepare sweetbreads (see Index). Make a white sauce with fat, flour and cream or milk, and add the egg-yolks, chopped very fine. Add sweetbreads and prepared oysters to the sauce. Season, put into a deep baking-dish, cover with a layer of paste, and bake.

SHIRRED CLAMS OR OYSTERS WITH MUSHROOMS

1 dozen clams or oysters
1½ cups milk
3 tablespoons flour
1 or 2 teaspoons anchovy paste
1 dozen large mushrooms
3 tablespoons butter
¼ teaspoon grated onion
Paprika
Salt and lemon-juice

Cut rounds of toast in two or two and one-half inch circles and arrange in a shallow baking-dish; place large peeled mushroom caps on the toast. Dip clams or oysters in melted butter seasoned with salt, lemon-juice and paprika and lay on mushrooms, using enough butter to season mushrooms also. Bake in a moderate oven (375° F.), until mushrooms are tender and clams are cooked. Make a thin white sauce of milk, butter and flour, season with onion and anchovy and color with vegetable bouquet. Pour around the toast and serve.

SCOTCH WOODCOCK

2 tablespoons fat
1 tablespoon flour
1 cup milk
5 hard-cooked eggs
1 tablespoon anchovy paste
½ teaspoon salt
6 slices of bread

Prepare a white sauce with fat, flour and milk, add eggs chopped fine, anchovy paste and salt. Have the bread toasted and lay it on a hot dish. Pour the hot mixture over it and serve immediately.

Croquettes or Cutlets

BEEF CROQUETTES

1 cup cooked beef
2 cups mashed potatoes
1 egg
Flour or egg and crumbs

Chop cold roast or corned beef fine and mix with well-seasoned hot mashed potatoes. Beat the egg, work it in with the mass and shape the mixture into little cakes. Roll either in flour, fine crumbs or egg and crumbs and fry in deep fat (375°-390° F.) from two to five minutes.

No. 1. CHICKEN CROQUETTES

2 tablespoons fat
¼ cup flour
1 cup milk
1¾ cups cooked fowl
Salt and pepper
¼ teaspoon celery salt
1 teaspoon lemon-juice
Few drops onion-juice
1 teaspoon chopped parsley
Egg and crumbs

Make a white sauce with the fat, flour and milk. Add fowl, seasoned with celery salt, lemon-juice, onion-juice, parsley, salt and pepper. Cool, shape, dip into flour or fine crumbs, then into egg and again into crumbs, and fry in deep fat (375°-390° F.) from two to five minutes. White meat of fowl absorbs more sauce than dark meat.

No. 2.

2 cups cooked chicken
4 tablespoons chopped mushrooms
1 teaspoon salt
½ teaspoon pepper
1 teaspoon parsley
½ teaspoon onion-juice
1 tablespoon lemon-juice
2 tablespoons fat
1 tablespoon flour
1 cup milk or cream
4 eggs

Mix the chicken, mushrooms, salt, pepper, parsley and the onion and lemon-juice. Make a white sauce with the fat, flour and milk or cream. Add the chicken, and cook for three minutes. Stir in two of the eggs beaten until light. Take from the fire immediately, pour into a greased, flat dish and set in a cold place for an hour or so. The colder the mixture becomes, the better it may be handled. Shape into cutlets, either in molds or with a knife, and sprinkle both sides of each cutlet with fine crumbs. Beat the other two eggs in a deep plate. Dip the cutlets in the egg, then in crumbs, put them in a frying-basket, not crowding them, and cook in deep fat (375°-390° F.) from two to five minutes. Serve with Béchamel or mushroom sauce.

CHEESE CROQUETTES

(See Index.)

CRAB CROQUETTES

Follow recipe for lobster croquettes, using crab flakes instead of lobster meat.

EGG CROQUETTES

2 cups chopped, hard-cooked eggs
1 cup thick white sauce
½ teaspoon salt
⅛ teaspoon pepper
Dash of cayenne
Egg and crumbs

Chop the eggs fine, moisten with sauce as soft as can be handled, and season. Let chill thoroughly on flat dish, well greased, then divide evenly into portions, allowing two tablespoons for each croquette. Shape into any desired form. Roll in crumbs, dip in egg, again in crumbs, and fry in deep fat (375°-390° F.) from two to five minutes. Drain on soft paper. Serve with a sauce.

FISH CROQUETTES

2 cups cooked fish
½ cup drawn-butter sauce
Egg and crumbs

Mince fish. Season to taste and moisten with drawn-butter sauce. Spread upon a greased platter, and when stiff mold into cutlets. Roll in fine crumbs, then in egg, and again in crumbs, leave in the refrigerator until firm, and fry in deep fat (375°-390° F.) from two to five minutes.

HAM CROQUETTES

2 cups mashed potatoes
1 tablespoon fat
3 egg-yolks
Cayenne
1 cup cooked ham
Egg and crumbs

Mix potato, fat, yolks of two eggs and cayenne, beat until smooth, then set to cool. Chop the ham, mix with the other yolk, cook until the mixture thickens, and turn out to cool. When thoroughly cool, take a tablespoon of the potato mixture, make a hole in it, put a large teaspoon of the chopped ham inside, close the hole and form a ball. Dip into flour, then into egg, roll in crumbs, and fry in deep fat (375°-390° F.) from two to five minutes.

LOBSTER CROQUETTES

2 tablespoons fat
⅓ cup flour
1 cup milk
2 cups cooked lobster meat
1 teaspoon lemon-juice
¼ teaspoon mustard
Egg and crumbs

Make a white sauce, using the fat, flour and milk. Add chopped lobster meat, which has been seasoned with lemon-juice and mustard. Cool, shape, dip in flour, then in egg; roll in crumbs and fry in deep fat (375°-390° F.) from two to five minutes. Serve with tomato cream sauce.

OYSTER CROQUETTES

1 pint oysters
1 tablespoon fat
2 tablespoons flour
1 egg-yolk
1 teaspoon salt
1 tablespoon parsley
1½ tablespoons lemon-juice
Egg and crumbs

Clean the oysters (see Index). Heat in their own liquor until the edges begin to curl, stirring all the time. Strain the liquor and chop the oysters. Rub together fat and flour. Add the oyster liquor and cook until thick. Then add the chopped oysters and the well-beaten egg-yolk. After taking from the fire, add salt, minced parsley and the lemon-juice. When stiff, mold into desired shape. Dip in crumbs, beaten egg and crumbs again, then fry in deep fat (375°-390° F.) from two to five minutes. Serve with horseradish sauce.

No. 1. SALMON CROQUETTES

1¾ cups cooked salmon, fresh or canned
2 tablespoons fat
⅓ cup flour
1 cup milk
Salt and pepper
Cayenne
1 teaspoon lemon-juice
Egg and crumbs

Make a white sauce with the fat, flour and milk. Add salt, a little white pepper, and a few grains of cayenne. To this cream foundation add cold flaked salmon and lemon-juice. Spread on a plate to cool. Shape; roll in fine crumbs, then in egg and again in crumbs and fry in deep fat (375°-390° F.) from two to five minutes.

No. 2.

1 cup hot mashed potatoes
1 cup flaked salmon
Eggs and crumbs
Salt and pepper
1 teaspoon lemon-juice

Add potato to salmon. Season with salt, pepper and lemon-juice. Shape into cutlets, egg and crumb and fry in deep fat (375°-390° F.) from two to five minutes.

SHAD ROE CROQUETTES

2 shad roe
1 tablespoon salt
1 tablespoon fat
2 tablespoons flour
1 cup milk or cream
2 egg-yolks
1 tablespoon nutmeg, grated
Pepper
1 tablespoon finely chopped parsley
1 teaspoon lemon-juice
Egg and crumbs

Wash the shad roe. Put them on the stove in a saucepan of boiling water; add the salt, cover and simmer slowly a few minutes; then remove the skin and mash them. Make a white sauce with the fat, flour and milk, add egg-yolks, remove from the stove, and add the seasonings and mashed roe. Mix thoroughly and turn into a dish to cool. When cold form into croquettes. Roll in fine crumbs, then in beaten egg, again in bread-crumbs and fry in deep fat (375°-390° F.) from two to five minutes.

SURPRISE CROQUETTES

2 cups mashed potatoes
4 tablespoons cream
1 teaspoon onion-juice
2 egg-yolks
1 egg-white
Salt and pepper
Cooked meat, cheese or vegetable
Crumbs and flour

To the mashed potato add cream or rich milk, onion-juice and salt and pepper to taste. Beat over the fire until smooth and hot. Remove, slightly cool, and add the beaten egg-yolks. Form into cylinders, or cone shapes; make a depression in each, and into this put a teaspoon of creamed chicken, minced highly seasoned meat, grated cheese, or a vegetable in cream sauce. Press the potato around the filling. Beat the egg-white slightly, dilute with a tablespoon of water, roll the croquettes in flour,

then in the beaten egg-white, and then in seasoned bread-crumbs, and fry in deep fat (375°-390° F.) from two to five minutes.

SWEETBREAD CROQUETTES

2 pairs sweetbreads
¼ cup mushrooms
1 tablespoon lemon-juice
½ teaspoon parsley
Salt and pepper
2 tablespoons fat
4 tablespoons flour
1 cup milk or cream
2 eggs
Egg and crumbs

Prepare sweetbreads (see Index). Separate from membranes, add chopped mushrooms and seasonings. Make a white sauce with the fat, flour and milk or cream, add sweetbread mixture and cook for three minutes. Remove from the fire and add two eggs, well beaten. Beat slowly. Pour this mixture on a platter and set it away to cool. Shape into cylinders, roll in beaten egg, then in bread or cracker-crumbs, and fry in hot fat (375°-390° F.) from two to five minutes, using the frying-basket. Serve with Béchamel sauce.

VEAL CROQUETTES

2 tablespoons butter or other fat
3 tablespoons flour
1 cup milk
1 teaspoon onion-juice
Salt and pepper
Paprika
1 egg
2 cups minced veal
½ cup chopped ham
¼ cup mushrooms, truffles or sweetbreads
Egg and crumbs

Make a white sauce with the fat, flour and milk, and add onion-juice, a little salt, pepper and paprika. Stir in the beaten egg, cook one minute and remove from the fire. Add to this the minced veal, the chopped ham and the chopped mushrooms, sweetbread, or truffles. When the mixture is cold, form into small cylinder or pyramid shapes, roll in flour, then in egg and then in crumbs and fry in deep fat (375°-390° F.) from two to five minutes.

POTATO OR HOMINY CROQUETTES

4 cups mashed potatoes or cooked hominy
2 tablespoons cream or milk
Salt and pepper
Chopped parsley
Onion-juice
Nutmeg
2 egg-yolks
Egg and crumbs

To the mashed hot potatoes or hominy, add cream or milk, and seasonings. Mix well and beat until light, add the well-beaten yolks of eggs and let stand till cold. Shape into oblong or pear-shaped croquettes, roll in fine bread-crumbs, then in beaten egg, and again in crumbs. Fry at once, until brown, in hot fat (375°-390° F.).

Potato croquettes may be made more dainty by rubbing the potato mixture through a sieve before adding the eggs. Short, leafless stalks of parsley thrust into pear-shaped croquettes after the manner of stems will make them very attractive.

RICE CROQUETTES

1 cup boiled rice
¼ cup milk
1 tablespoon sugar
1 teaspoon salt
Grated lemon-peel
1 egg
Egg and crumbs

Combine rice, milk, sugar, salt, grated lemon-peel and the well-beaten egg, and when cold, shape in ovals, roll in egg, then in bread-crumbs or rolled crackers, and fry a rich brown in deep fat (375°-390° F.).

RICE FAN-TAN

½ cup rice
2 cups milk
½ teaspoon salt
2 tablespoons sugar
1 egg
½ cup candied fruits
Egg and crumbs
Powdered sugar

Cook rice in milk until very soft. Stir in salt, sugar and well-beaten egg, and remove at once from the fire. Mix in cut up candied fruits—cherries, apricots, pineapple, etc.—and turn into a shallow, well-oiled pan to cool. When firm, cut into strips about one and one-half inches wide and three inches long, dip into egg then into bread-crumbs and brown delicately on both sides in butter or other fat. Drain, dust with powdered sugar and serve hot.

THE SKEWER IS ONE OF YOUR MOST USEFUL ALLIES WHEN USING UP SMALL PIECES OF MEAT

—Armour and Company

PEPPERS, ACORN SQUASHES AND OTHER SMALL VEGETABLES MAKE ATTRACTIVE CUPS FOR LEFTOVER MIXTURES

—Corning Glass Works

THE TRADITIONAL CROQUETTE MAY BE VARIED TO SUIT TIME AND OCCASION, AS IN THESE MEAT BALLS ON HOT PEACH HALVES

—Campbell Soup Company
—Armour and Company

No. 1. FRIED OR SAUTÉED MUSH

Make mush according to directions given (Index). Turn it into a shallow greased pan, smoothing the surface. When it is cold, turn it from the pan, cut in slices or cubes, dip in fine bread or cracker-crumbs, then in beaten egg, adding three tablespoons of milk to each egg, and then again in the crumbs. Fry in deep fat (375°-390° F.). Drain on soft paper. Serve hot with jelly sauce or sirup.

No. 2—Cut cold mush into slices about one-fourth of an inch thick, and sauté until brown and crisp in a very little fat; if preferred, the slices may be sprinkled with flour, or dipped first in salted beaten egg and then in bread or cracker-crumbs, before sautéing. Hominy and other cereals may be fried in the same way.

Fritters

(For sweet fritters and fritter batter, see Index)

CLAM FRITTERS

24 soft clams
2 cups flour
2 teaspoons baking-powder
½ teaspoon salt
1 cup milk
½ cup clam liquor
2 eggs
Salt and pepper

Make a batter of flour, baking-powder, salt, milk, clam liquor and well-beaten eggs. Chop the clams, season with salt and pepper and add to the batter. Drop by tablespoonfuls into deep fat (360°-370° F.) and fry two to three minutes.

CORN FRITTERS

2 cups corn, fresh or canned
1 teaspoon salt
⅛ teaspoon pepper
1 egg
1 teaspoon melted fat
½ cup milk
2 cups flour
2 teaspoons baking-powder

Chop the corn very fine and add salt, pepper, well-beaten egg, melted fat, milk, flour and baking-powder. Fry two to three minutes in deep fat (360°-370° F.).

OYSTER FRITTERS

1½ cups oysters
2 eggs
1 cup milk
2 cups flour
2 teaspoons baking-powder
½ teaspoon salt

Chop the oysters. Make a batter of the eggs, milk, flour, baking-powder and salt. Stir the oysters into the batter and drop by spoonfuls into deep hot fat (360°-370° F.).

PARSNIP FRITTERS

3 parsnips
2 eggs
1 tablespoon fat
1 cup milk
1 teaspoon salt
3 tablespoons flour

Boil the parsnips tender, grate fine or mash and pick out all the fibrous parts. Beat the eggs light, and stir into the parsnips, beating hard. Add the fat, milk, salt and flour. Drop by spoonfuls into deep fat (360°-370° F.) and fry two to three minutes.

BREADED CALVES' BRAINS

Soak two pairs of calves' brains in cold water one-half hour; then remove the thick membrane covering them and see that they are perfectly white and bloodless. Divide into servings for six. Put into enough boiling water to cover and simmer for fifteen minutes. Then take them up and plunge them into cold water. When they are cool, drain and season generously with salt, and pepper. Dip into flour, then into beaten egg, seasoned with salt and pepper, then into fine bread-crumbs; place in a frying-basket and cook in deep fat (375°-400° F.) five to eight minutes. Serve with ravigote or white sauce.

FLANK STEAK FILLETS

1 flank steak, unscored
½ pound kidney suet or salt pork
½ green pepper
1 cup tomatoes, strained
½ onion, chopped
2½ teaspoons salt
¼ teaspoon pepper
8 metal skewers

Cut suet or salt pork into one-inch strips. Place on steak and roll meat tightly around the fat, skewering it through the roll

1½ inches apart. Cut roll between skewers forming individual fillets of steak with small squares of fat in center. Flour; brown fillets on both sides, place in casserole or covered pan; add tomatoes, onion, pepper and seasoning. Other vegetables, fine cut, may also be added. Simmer 1 hour or until tender or finish in 300° F. oven.

RING MOLDS

The ring mold is one of the most satisfactory ways of serving entrees since it is decorative, permits endless variety in appearance but involves no additional labor. Any recipe baked in a loaf may be used in the ring mold. Grease the mold as any pan for baking and unmold on the plate to be used for serving. The center may be filled with another cooked vegetable, a stew, creamed fish or poultry, or a china, glass or silver bowl of the exact size may be slipped into the center and filled with the sauce or dressing to be served with the ring.

Noodle Ring With Creamed Chicken

1 pound noodles
3 eggs
1 cup milk
Dash of salt and pepper
2 tablespoons catchup
1 cup grated Cheddar cheese
½ tablespoon Worcestershire sauce

Cook noodles and drain. Beat eggs well. Combine with other ingredients. Add to noodles and pour into buttered ring mold. Set in pan of hot water and bake in a moderate oven (350° F.) 45 minutes. Unmold carefully onto a large platter and fill the center with creamed chicken (see page 286). Spaghetti, macaroni or rice can be used instead of noodles.

KIDNEY À LA FRANCAISE

1 beef kidney
Flour
Fat
Bit of bay-leaf
Salt and pepper
¼ inch slice of lemon

Soak a beef kidney in cold water for one hour, changing the water two or three times as it colors; then place on the fire in cold water and gently heat to the boiling-point. Drain off this

water and put on fresh cold water for a second heating. Again heat and again change the water.

In the third water simmer the kidney for ten minutes. Then remove it from the fire, and when cool enough to handle, cut out the cords and most of the center fat. Slice thin, dip each piece in flour and sauté in fat until brown.

Remove the meat from the pan, add flour to the fat, stir well, and brown thoroughly. Add boiling water, stirring until a smooth sauce is formed. Return the meat to the pan, add bay-leaf, salt, pepper and slice of lemon from which the peel has been removed. Simmer for one hour with the pan covered, adding more water if it reduces too much. There should be only enough water to form a rich sauce. Remove the bay-leaf, and serve on a heated platter.

KIDNEYS EN BROCHETTE

Split the kidneys, put over the fire in cold water and bring to the boiling-point rapidly. Drain, wipe and slice each half. Arrange these slices on small metal skewers, alternating with slices of fat bacon the same size. Broil quickly and serve on toast, leaving the skewer in.

SWEETBREADS EN BROCHETTE

Prepare the sweetbreads (See Index), cut into pieces about one inch square and one-half inch thick, season, dip into melted fat and then into flour and string on small skewers alternately with thin squares of bacon. Broil, or lay the skewers across a narrow pan and cook in a hot oven (400°-450° F.).

BRAISED SWEETBREADS A LA PARLOA

3 pairs sweetbreads
1 teaspoon minced carrot
2 teaspoons minced onion
2 tablespoons fat
1 tablespoon flour
1 cup water
1 teaspoon beef extract
1 bay-leaf
1 sprig parsley
1 teaspoon lemon-juice
Salt and pepper

Prepare sweetbreads according to directions (See Index) and arrange in deep baking-dish. Cook vegetables in fat for fifteen minutes. Add flour and stir until the mixture becomes frothy. Add the water gradually, stirring all the time. When

this liquid boils, stir in the meat extract and seasonings. Cook for five minutes and strain over the sweetbreads. Cover the pan and cook in a moderate oven (350° F.) for one hour, basting every fifteen minutes with the gravy in the pan. Arrange the sweetbreads on pieces of toast on a warm dish, and pour mushroom sauce around them.

Vegetable Entrées

STUFFED PEPPERS

Preparing Peppers For Stuffing—Cut off the tops of the peppers or cut them in two lengthwise, and remove the inner fibers and seeds. Drop into boiling water, remove from the fire, let stand ten to twelve minutes, then drain.

Meat Stuffing—No. 1.

6 green peppers
1 cup cooked meat, chopped fine and seasoned
½ cup bread- or cracker-crumbs
Milk or cream

Prepare peppers as directed. Mix the meat with the bread or cracker-crumbs and moisten with a little milk or cream. Be sure that it is rather highly seasoned. (The potted meats that come in cans are excellent for this purpose.) Fill the peppers with the mixture and serve at once or cover with buttered crumbs and set in the oven (400° F.) for ten minutes to brown. Use small vegetables: Lima beans, corn or diced carrots, instead of meat.

No. 2.

6 green peppers
½ onion
1¼ cups cooked meat (veal, chicken or ham)
1 cup water or stock
1¼ cups moistened bread-crumbs
Salt and pepper
1 tablespoon fat

Cut a slice from the stem end of each pepper. Remove seeds and parboil peppers ten minutes. Mix minced cooked meat with moistened bread-crumbs, add salt, pepper, melted fat and the onion, grated. Stuff the peppers with this mixture and stand them in a dripping-pan. Add water or stock. Bake in

a moderate oven (350°-375° F.) thirty minutes, basting frequently. Cooked rice may be used instead of the bread-crumbs.

CHEESE STUFFING—

6 green peppers
1 cup crumbs
½ cup chopped cheese
1 tablespoon melted butter or other fat
Salt

Prepare peppers as directed. Mix the crumbs with the cheese. Then add the butter or other fat and salt to taste. Fill the peppers with the mixture and serve with the meat course.

SHRIMP STUFFING—

2 cups cooked shrimps, fresh or canned
1 tablespoon butter or other fat
½ teaspoon mustard
Pepper
Nutmeg
Celery seed
1 egg
½ cup bread-crumbs
6 green peppers

Prepare shrimps as directed (See Index). Cut off the stem ends or tops of the peppers, and remove the seeds and veins, and soak the peppers in cold water for one-half hour. Cream the fat by beating and then also beat into it the seasonings and egg. Add the crumbs, mixing the ingredients well, and finally stirring in the shrimps. Drain the peppers and fill with the prepared stuffing. Set them in a pan, open side up and bake in a moderate oven (350°-375° F.) for thirty minutes.

SWEETBREAD STUFFING—

1 cup cooked sweetbreads
6 peppers
2 tablespoons butter or other fat
2 tablespoons flour
Crumbs
½ cup brown or white stock (preferably chicken)
2 tablespoons cream
½ cup button mushrooms
Worcestershire sauce
Salt, pepper and paprika

Prepare the sweetbreads (See Index). Melt fat, add flour, salt and pepper. Mix smooth, add stock and cream. Cook until thick. Stir in the sweetbreads and mushrooms, cut into small pieces, and the seasoning. Fill prepared peppers, cover with buttered crumbs and bake for thirty minutes in a moderate

oven (350°-375° F.). Mushroom sauce may be poured around the peppers.

ASPARAGUS TIMBALES

1 bunch asparagus
1 cup bread-crumbs
¼ cup hot milk
2 eggs
1 tablespoon parsley
¼ teaspoon salt
Few grains of cayenne
1½ tablespoons melted fat
½ tablespoon onion-juice

Wash the asparagus thoroughly; cut the tender parts into bits one-half inch long, and put into boiling salted water. Boil rapidly for ten minutes and drain thoroughly. In the meantime, cover the bread-crumbs with the hot milk. When the crumbs are soft, add the eggs, and mix well together. Stir in salt, cayenne, melted fat and onion-juice; then stir in asparagus tips, carefully. Grease small timbale molds, sprinkle them with minced parsley and fill two-thirds full. Set in a baking-pan that contains boiling water, but do not allow the water to reach the top of the molds. Cover with a sheet of greased paper and cook in a slow oven (250°-325° F.) for thirty-five to forty-five minutes. Invert on a heated platter, garnish with parsley and serve with a white sauce.

COLD ENTREES

ASPIC JELLY

2 pounds beef
½ pound ham or bacon
Sweet herbs
Salt and pepper
1 egg-white
2 tablespoons lemon-juice

Put the beef into the pot and, if desired, veal or beef bones also, though they require longer boiling to dissolve the gelatin. Add the ham or bacon and all the sweet herbs, such as thyme, basil, parsley and marjoram, and salt and pepper to taste. Boil for three or four hours; strain and put away to cool. When cold, take off all the fat and sediment. Throw into it the slightly beaten egg-white, and the lemon-juice, place again on the fire, boil for a few minutes and strain through a jelly-bag.

This is used for molding cold meat.

MINCED HAM IN CIDER CUPS

1 cup boiled ham
3 hard-cooked eggs
½ teaspoon salt
Pepper
¼ teaspoon cayenne pepper
3 tablespoons lemon-juice
½ cup celery
2 tablespoons gelatin
2 cups cider
½ cup sugar
½ cup cold water
1 cup whipped cream

Soak gelatin in cold water, and pour over it boiling cider to which the sugar and lemon have been added. Strain into border molds. When firm, remove from the molds and fill with the mixture made of the other ingredients and serve immediately.

BRAISED TONGUE WITH ASPIC JELLY

1 beef tongue
2 onions
1 stalk celery
4 cloves
Salt and pepper
1 teaspoon sugar
1 blade of mace
1 bunch thyme
1 bunch parsley
1 box gelatin
1 cup cold water

Wash and scrub the tongue well in salt water and simmer (180°-210° F.) it until tender. Remove the skin, and place the tongue in a stew-pan with onion, celery, cloves, salt and pepper. Cover it with the liquor in which it was boiled and add sugar, mace, thyme and parsley. Simmer for two hours. Take out the tongue. Add to the liquor gelatin, soaked in the cold water, boil for two minutes, stirring constantly, strain and pour over the tongue. Serve cold.

CHAUD FROID OF EGGS

6 hard-cooked eggs
2 tablespoons butter
Chaud-froid sauce
Salt and pepper
Paprika
2 tablespoons chopped olives or pickles

Cook eggs hard and cut in halves lengthwise. Remove yolks and mash to a paste with the melted butter, pepper, salt, paprika, and chopped olives or pickles. Refill whites and mask with chaud-froid sauce. Garnish each with a star cut from a truffle or from a green or red pepper. Let stand in a cold place till firm. These may be served at luncheon or supper.

CHICKEN MOUSSE

2 cups ground cooked chicken
½ cup salad dressing
2 tablespoons lemon juice
¾ teaspoon ground celery seed
½ cup cold chicken stock
¾ cup heavy cream, whipped
Salt, pepper
1½ tablespoons gelatin
Lettuce
Brussels sprouts, carrots and parsley

Blend the chicken, salad dressing, lemon juice and celery seed. Fold in the whipped cream. Season to taste. Fold in the gelatin which has been softened in the cold chicken stock, dissolved over hot water, then cooled. Pour into a ring mold and chill until firm. Unmold, fill the center with Brussels sprouts and garnish the platter with carrots and parsley.

HAM MOUSSE

Follow the directions for chicken mousse, substituting cooked ham for the cooked chicken. Chopped mushrooms are a delicious addition to this dish, and mushrooms may be mixed with the sauce when ready to serve, and also may be used as decorations.

SALMON MOLD PIQUANTE

1 tablespoon gelatin
¼ cup cold water
1½ teaspoons salt
1½ teaspoons mustard
Dash cayenne
2 egg yolks, slightly beaten
¾ cup milk
1½ tablespoons melted butter
4 tablespoons lemon juice
1 cup flaked salmon
Lettuce

Soften gelatin in cold water 5 minutes. Combine seasonings, egg yolks and milk in top of double boiler, and cook over hot water 6 to 8 minutes or until thickened, stirring constantly. Add butter, lemon juice and gelatin, stirring until gelatin is dissolved. Remove from fire and fold in salmon. Turn into fish mold; chill until firm. Unmold on bed of crisp lettuce and serve with cucumber cream dressing.

VEGETARIAN DISHES

VEGETARIAN dishes make agreeable variations in the diet, and frequently reduce the food bill. They are welcome in any household where the program of using meat only once a day is being followed. Dishes containing a large percentage of milk, eggs or cheese, together with dried legumes, nuts or gelatin, are nutritious and typical vegetarian dishes.

People not accustomed to meatless menus may experience an unsatisfied feeling at the end of a meal that is entirely vegetarian. This is largely due to the fact that meat is a highly flavored food. The housewife will do well, therefore, to offer some well-seasoned dish in a vegetarian menu.

A ring mold is a decorative way of serving vegetarian dishes with no extra labor. The following recipes calling for a loaf form may be used for the ring mold. See page 344.

CHESTNUT CROQUETTES

2 cups hot mashed chestnuts
4 tablespoons fat
2 eggs
Salt and pepper
Few drops of onion-juice or 2 tablespoons minced onion
Egg and crumbs

Mix the chestnuts, fat, slightly beaten eggs and seasonings. Shape into croquettes. Roll in crumbs, then in beaten egg and again in crumbs. Fry in deep hot fat (375°-390° F.) until crumbs are brown (2-5 minutes).

This dish offers adequate protein and iron and a comparatively highly seasoned dish. The croquettes may be served with brown sauce or tomato sauce.

PEANUT BALLS

1 tablespoon fat
2 tablespoons flour
½ cup milk
½ teaspoon salt
Pepper
2 cups cooked rice
¼ cup ground peanuts
1 egg

Make white sauce from fat, flour, milk and seasoning. Mix rice, peanuts, white sauce and beaten egg, and shape into small

balls. Sauté in a greased frying-pan turning frequently so that the balls are browned all over. Or, roll in beaten egg, then in crumbs and fry in deep fat (375°-390° F.).

This dish is low in both iron and protein, therefore milk, eggs or cheese should appear elsewhere in the menu. These balls are good served with cheese sauce.

PEANUT SCRAPPLE

1 cup hot milk
1 quart boiling water
1 cup yellow corn-meal
¾ cup hominy grits
1¼ teaspoons salt
⅛ teaspoon paprika
1½ cups chopped peanuts
¼ to 1 cup grated cheese

Combine hot milk and boiling water, bring to boiling-point and add corn-meal, hominy grits and seasoning. Stir constantly until the liquid is thickened by the cereal. Place in a double boiler and cook one hour. Ten minutes before taking up, add the peanuts and cheese.

Place in a deep rectangular bread-pan and allow it to cool. When ready to use, cut in small slices (roll in egg and crumbs if desired) and fry in deep fat (375°-390° F.) until brown (2-5 minutes); or place in a greased baking-pan, sprinkle with grated cheese mixed with bread-crumbs and bake in a moderate oven (350°-400° F.) until brown.

This makes an excellent luncheon or supper dish.

PEANUT BUTTER CUTLETS

1½ cups peanut butter
1½ cups hot milk
1 teaspoon salt
Pepper
6 half-inch slices of bread

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Sauté in hot fat. Garnish with pickles and olives.

This dish offers both adequate protein and iron.

BAKED PEANUTS

4 cups shelled raw peanuts
4 tablespoons salad oil

Cover peanuts with cold water and soak over night. In the morning, place them over the fire, and boil ten minutes. Re-

move from water and dry. Add oil and mix well. Place the mixture in a greased baking-dish and bake (400° F.) until the peanuts are soft and well browned.

If extra seasoning is desired, a small quantity of catchup, salt, molasses and mustard may be added during the baking, as for baked beans.

PEANUT SOUFFLÉ

1 tablespoon fat
6 tablespoons flour
¾ cup peanut butter
1½ teaspoons salt
Few drops lemon-juice
1½ cups scalded mlik
4 eggs

Melt the fat and add the flour, peanut butter and seasoning. Cook for three minutes, stirring constantly. Add scalded milk, and continue cooking until the mixture reaches the boiling-point. Remove from the fire, pour the hot mixture over the well-beaten egg-yolks, mixing thoroughly. Cool, and fold in the egg-whites that have been beaten until stiff and dry. When the ingredients are thoroughly combined, place in a ring mold, set in a pan of water in a slow oven (375° F.) and bake thirty minutes. Serve immediately.

This is a hearty main dish, but, because of its texture, should have something crisp or solid served with it.

MOCK SAUSAGE

1 cup dried Lima beans or 3 cups cooked beans of any kind
⅔ cup bread-crumbs
3 eggs
2 tablespoons fat
½ teaspoon sage
Salt and pepper

Pick over and wash beans, cover with water and let soak over night. Drain, cook in boiling salted water until tender, then force through a strainer. Add remaining ingredients, shape into the form of sausages, roll in crumbs, egg, and crumbs again. Sauté until brown. Serve with tomato sauce.

This recipe makes six to eight sausages, three inches long and three-fourths of an inch thick. It should be accompanied by some milk, egg or cheese dish.

PEANUT CHOPS

6 half-inch slices rye bread
1 cup peanut butter
¾ cup top milk
2 eggs
½ teaspoon salt
⅛ teaspoon paprika
Cracker-crumbs

Cut crust from bread and divide in lengthwise strips. Spread peanut butter on both sides of each strip. Add milk and seasoning to the eggs and beat thoroughly. Dip strips of bread into the mixture, remove and dip into sifted cracker-crumbs. Put into a greased bread-pan and bake in a hot oven (400°-450° F.) until golden brown. This is a good main dish.

BAKED COW PEAS

2 cups cooked cow peas or split peas
2 cups boiled rice
2 cups stewed tomatoes
1 chopped onion
½ cup bread-crumbs
Salt, pepper, and butter

Put the cooked peas, rice, tomatoes and onion in layers in a greased baking-dish. Season well, cover with bread-crumbs and bake (400°) until brown. Serve with brown sauce.

This needs eggs, milk or cheese to accompany it, but it has excellent flavor.

BEAN ROAST

1 cup roasted shelled peanuts
2 cups seasoned mashed potatoes
2 cups cooked Lima beans, fresh or canned
¼ cup milk
1 egg
1 teaspoon salt
⅛ teaspoon paprika
1 teaspoon onion-juice

Grind the peanuts, using the finest blade of the food-chopper. In a greased baking-dish place a layer of potatoes, a layer of beans and a layer of peanuts. Continue making layers until all the ingredients are used. Blend milk with well-beaten egg and seasoning and pour over the top. Bake in a moderate oven (350°-400° F.) until brown. Serve with brown sauce or tomato sauce.

VEGETABLE LUNCHEON

1 pound kidney beans
1 cup diced carrot
1 green pepper, chopped
1 large onion
2 cups cooked tomatoes, fresh or canned
½ cup rice
½ dozen large mushrooms

Soak the beans in cold water overnight; drain and cook in boiling water slowly for about four hours. A ham-bone or a piece of bacon cooked with them adds to the flavor. Drain, add carrot, pepper, tomatoes, and thin slices of onion. Simmer until tender. Boil rice separately in salted water, drain and add to the vegetables. (The rice water should be used in soups or gravies.) Garnish with sautéed green peppers and mushrooms.

CELERY, NUT AND POTATO LOAF

2 large stalks celery
¾ cup chopped nuts
3 cups mashed potatoes
3 tablespoons fat
1 egg
1 teaspoon salt
⅛ teaspoon paprika
2 teaspoons grated onion

Wash, cut in small pieces and cook the celery until tender in a small amount of boiling salted water. Drain off liquid. (This may be used for soup stock later.) Then add the other ingredients to the celery in the order in which they are given. Combine them carefully, pack in a loaf in a greased bread-pan, and bake in a moderate oven (350°-400° F.) for thirty-five minutes. Serve with tomato sauce.

CARROT LOAF OR RING

2 cups ground carrot
2 cups bread-crumbs
⅔ cup chopped nuts
3 eggs
2 cups strained tomatoes
1 teaspoon salt
⅛ teaspoon pepper
2 teaspoons minced onion

Mix the ingredients in the order given. Shape the mixture into a loaf and put into a greased baking-pan. Steam the loaf for one hour and then brown it in the oven (400° F.). Or pour into greased ring mold, set in pan of hot water and bake in moderate oven (350° F.) until firm—about 40 minutes. Unmold on a hot plate; fill center with hot cooked peas.

PEANUT AND CARROT LOAF

1 cup chopped carrots
1 cup coarse ground peanuts
1 cup strained tomatoes
1 cup crumbs
1½ tablespoons fat
4 eggs, slightly beaten
1 teaspoon chopped parsley
Salt

Chop separately the carrots and peanuts, or put them through the food-chopper, using the coarse knife. Add the other ingredients and form in a loaf. Place in a greased pan and bake one hour and a quarter in a moderate oven (350°-400° F.).

NUT LOAF

2 cups soft bread-crumbs
1 cup milk
2 cups chopped nut-meats
2 eggs
1 teaspoon salt
1 teaspoon paprika

Soak bread-crumbs in milk, add nuts, slightly beaten eggs and seasonings. Turn into greased bread-pan, set into pan of water and bake (350° F.) forty minutes. Serve with tomato sauce. The loaf may be steamed instead of baked.

PEANUT ROAST

1 tablespoon chopped onion
1 tablespoon chopped celery
2 tablespoons fat
½ cup hot water
1½ cups chopped peanuts
1 egg
1 cup bread-crumbs
1 cup green pea pulp, fresh or canned
Juice of half a lemon
1 teaspoon salt
Dash of pepper

Cook onion and celery in fat until golden brown. Add hot water and simmer until vegetables are tender. Mix other ingredients, adding the egg last. Combine the mixture with the celery and onion mixture. Pack into greased baking-dish and bake (350° F.) until golden brown. Serve with cream sauce.

BOSTON ROAST

1½ cups dry kidney beans
3 tablespoons salt
1 to 2 cups grated cheese
2 tablespoons chopped onion
1 cup bread-crumbs
½ cup milk

Soak beans twenty-four hours. Cook until soft in water in which the salt has been dissolved. Drain; chop; add onion,

cheese, crumbs, more salt if needed, and enough milk to moisten. Form into a loaf. Bake in a moderate oven (350°-400° F.) for forty minutes. Baste occasionally with hot water and fat.

BAKED BEAN ROAST

2 tablespoons minced peppers
2 tablespoons minced onion
4 tablespoons fat
4 cups mashed baked beans
2 eggs, slightly beaten
2 cups crumbs
1 cup tomatoes
Salt and pepper
½ teaspoon paprika

Cook pepper and onion in fat. Add other ingredients in the order given. Bake (350° F.) in greased baking-dish for thirty minutes. Serve with brown sauce or tomato sauce.

A cheese or milk dish should be added to this meal.

LIMA BEAN LOAF

2 cups Lima beans
1 cup dry bread-crumbs
4 tablespoons peanut butter
½ teaspoon pepper
1 tablespoon poultry seasoning
2 tablespoons grated onion
1 tablespoon bacon fat
1 cup milk (more, if needed)

Wash and soak the beans overnight, then cook in boiling water until soft (about forty-five minutes). Drain, cool, then chop coarsely. Add crumbs mixed with peanut butter and seasoning, then fat, and milk to moisten. Put into a greased bread-pan and bake in a moderate oven (350°-400° F.) thirty minutes. Serve with brown sauce, cream sauce or tomato sauce.

COTTAGE CHEESE AND PEANUT LOAF

½ cup peanuts
1 cup cottage cheese
1 cup cold, cooked rolled oats
1 cup milk
1 egg, slightly beaten
1 tablespoon fat
½ teaspoon salt
Dash of pepper
1 teaspoon poultry seasoning
Few drops Worcestershire sauce
1 tablespoon chopped onion

Chop peanuts and add other ingredients in order given. When thoroughly combined, place in a greased bread-tin. Bake in a moderate oven (350°-400° F.) until brown. Serve hot with tomato sauce.

NUT AND CHEESE LOAF

1 tablespoon chopped onion
1 tablespoon fat
1 cup grated cheese
1 cup chopped nuts
½ cup milk
1 cup cooked cereal
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika
1½ tablespoons lemon-juice
½ teaspoon Worcestershire sauce
Buttered crumbs

Cook onion in fat until delicately brown. Mix with all the other ingredients and moisten with milk. Cover with buttered crumbs and brown in oven (400° F.). Serve hot with tomato sauce.

Serve with some crispy food such as celery.

CHEESE MACARONI LOAF

¾ cup macaroni
1 teaspoon parsley
2 teaspoons chopped onion
1 tablespoon green pepper
2 tablespoons fat
½ cup grated cheese
1½ cups milk
1 egg
1 teaspoon salt
½ cup buttered crumbs

Cook macaroni in boiling salted water until tender. Sauté the parsley, onion and pepper in the fat until tender. Drain water from macaroni. Place a layer of this in a buttered baking-dish, then a layer of peppers, onions and cheese. Repeat until dish is full. Pour over it the milk mixed with the egg. Cover with buttered crumbs, and brown in oven (400° F.). Serve with tomato sauce.

VEGETABLE LOAF

½ cup cooked green peas
½ cup cooked green string beans
½ cup chopped boiled carrots
1½ cups milk
1 cup soft bread-crumbs
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon paprika
1 egg

Press peas through a sieve, cut beans in small pieces, then combine all vegetables. Add to them the milk, slightly beaten egg, crumbs and seasoning. Turn into a greased baking-dish and bake in a moderate oven (350°-400° F.) until firm.

PEA TIMBALES

1½ cups pea pulp
2 tablespoons melted butter
3 eggs, well beaten
Salt and pepper

Blend the ingredients well together, pour into greased molds; set the molds into a pan containing hot water and bake (250°-325° F.). Serve with medium white sauce.

CHILI CON CARNE

¼ cup olive oil
2 pounds lean beef (cut in ¾-inch cubes)
¼ pound beef suet (cut in ¾-inch cubes)
1 cup minced onions
2 cloves garlic
1 tablespoon paprika
2 teaspoons oregano
Salt and pepper
1 or 2 cups hot water
2 tablespoons chili powder

Heat the olive oil, add the meat and suet and cook until meat is brown. Add onions and garlic and cook about 5 minutes, stirring constantly; then stir in the chili powder, paprika, oregano, salt and pepper. Add 1 cup water and simmer until meat is tender. Add more water if necessary.

With Beans—Serve chili with baked beans, rice or Lima beans; or add 4 cups red kidney beans to the meat before simmering.

AZTEC BAKED BEANS

3 cups cooked red beans
1½ cups canned tomatoes
1 pimiento, minced
¼ cup deviled ham
¼ cup onion, minced
6 strips Canadian bacon or corned beef
¾ teaspoon mustard
Dash pepper
¾ teaspoon curry powder
1½ tablespoons molasses
1½ tablespoons sugar
¼ teaspoon salt

Mix all ingredients except meat; turn into greased casserole, arrange meat on top and bake in 350° F. oven about 30 minutes, or until smoked meat is crisp.

EGG DISHES

TO test an egg for freshness, place it in a glass of water. If the egg falls to the bottom of the glass and lies on its side, it is a fresh egg; if the large end rises slightly, the egg is somewhat stale; if it stands on end or floats, it is very stale. The shell of a fresh egg has a bloom; that of a stale egg is usually shiny. If the contents of an egg rattle when it is shaken, it is not fresh.

EGGS COOKED IN THE SHELL

HARD-COOKED (CODDLED)—Place the eggs in a saucepan of cold water and heat slowly until the boiling-point is reached. Set the container on the back of the stove or reduce the heat so that the water will not boil again and let stand twenty to thirty minutes before removing the eggs. Another method of regulating the temperature is to cook them in the double boiler.

SOFT-COOKED (CODDLED)—Use one pint water for each egg up to six eggs, one-half pint for each additional egg, and use a small deep saucepan so that the water will cover the eggs. Bring the water to the boiling-point in a vessel that can be covered closely. Put the eggs in at once, cover, set off the fire and let stand in a warm place for four to six minutes, depending on consistency desired. In this way, the eggs will be cooked equally well in every part.

POACHED OR DROPPED EGGS

No. 1—Heat salted water to the boiling-point in a frying-pan or other shallow pan. Break an egg into a saucer, then slip it gently into the water. Repeat until all the eggs are in. Remove the pan from the fire, cover and keep hot until the eggs are set to the desired degree. If the yolk is not entirely covered, dip the water over it carefully until it is coated with white. Remove with a skimmer or perforated ladle and slip on to a thin piece of buttered toast. Buttered muffin rings may be placed in the water and each egg slipped into a muffin ring for cooking, or an egg-poacher may be used.

Poached eggs are often placed in clear soup, one egg being prepared for each person to be served. They are served also on thin slices of boiled ham, on mounds of corned-beef hash, on Welsh rabbit or on cooked spinach.

No. 2—Separate the yolk and white. Beat the white until stiff and put it in a glass ramekin. Drop the yolk in the center of the beaten white. Set the ramekin in hot water until the egg sets. Garnish with a bit of butter and sprinkle with salt and pepper. Serve in the ramekin.

FRIED EGGS

No. 1—Heat cooking-fat in a frying-pan and slip in the eggs. Cook as many eggs at one time as will fill the pan without touching one another. Baste with some of the fat, to cook the yolk. Cook slowly, for if the fat becomes very hot the eggs will be tough and hard to digest but if the temperature of the fat is kept down, the egg may be made as delicate as if poached in water.

Eggs may be fried very successfully by covering the pan as soon as the eggs have been added, and then placing it in the oven or over a very slow fire, so that the eggs will cook very slowly.

No. 2—With Brown Butter—

6 eggs
3 tablespoons butter
Salt and pepper
1 teaspoon vinegar

Sauté the eggs in one tablespoon butter until set, season with salt and pepper, and place on a platter. Brown two tablespoons butter in the pan, add one teaspoon vinegar, and when hot, pour over the eggs.

BAKED EGGS

No. 1—Use individual baking-dishes and melt one teaspoon of butter in each dish. Break the eggs into the dishes, allowing one or two eggs to a dish. Sprinkle with salt and pepper, and place a tiny piece of butter on each. Bake in a slow oven (250°-350° F.) until the eggs are set but not hard. Serve in the baking-dishes.

No. 2—Shirred—Use small ramekins or egg-shirrers. Grease each dish, put in a layer of buttered crumbs, break an egg over the crumbs, season with salt and pepper and cover with buttered

crumbs. Bake in a slow oven (250°-350° F.) until the eggs are set and the crumbs brown. Serve in the ramekins.

No. 3—On Toast—Moisten the edges of the toast with hot water and spread with butter. Separate the yolks and whites of the eggs. Poach the yolks in salted water until soft cooked, and place one on each slice of toast, being careful not to break it. Beat the whites very stiff, spread around the yolks, season with salt and pepper, and brown in the oven (350° F.).

No. 4—In Tomato Sauce—Grease small ramekins and place two tablespoons thick tomato sauce in each. Slip a poached egg into each dish, cover with grated cheese, season with salt and pepper, and bake in a very hot oven (450°-500° F.) two or three minutes, to brown the cheese.

No. 5—In Bacon Rings—Curl long slices of bacon around the inside of muffin-cups or small ramekins. Break an egg inside each bacon-ring, season with salt and pepper and bake (350° F.) until set, but not hard. Remove carefully from the dish so that the egg will remain fastened to the bacon. Arrange on a platter and garnish with parsley.

No. 6—With Bacon Strips—Fry the bacon very crisp, but not hard, then arrange the slices in groups of two on a large plate or in individual baking-dishes. Break one egg over each two slices of bacon, season with salt and pepper and bake slowly (300° F.) until set, but not hard.

BATTERED OR SCRAMBLED EGGS

No. 1—In a frying-pan, place one teaspoon of butter for each egg. Beat the eggs until the whites and yolks are well mixed. Season with salt and pepper and add one to three tablespoons of milk or cream for each egg. Pour into the hot fat and cook slowly, stirring constantly until the eggs are of the desired consistency. Serve at once. A little onion-juice or chopped parsley may be added to the eggs, if desired.

No. 2—With Green Peppers—

8 eggs
3 tablespoons cream
Salt and pepper
2 sweet peppers
3 tablespoons fat

Beat the eggs slightly, adding the cream, salt and pepper. Heat the fat and add the eggs. As the eggs begin to cook, add

the chopped pepper, from which the seeds have been removed. Cook slowly, stirring constantly, until the mass is creamy. Serve with toast points.

One-fourth cup of chopped canned pimientos may be substituted for the pepper. It is often desirable to soften fresh peppers by placing in hot water for five minutes.

Eggs scrambled in the top of a double boiler will be more creamy than those cooked in a frying-pan.

PLAIN OMELET

PUFFY—

4 eggs
4 tablespoons hot water
Salt and pepper
Butter or other fat

Beat the egg-whites until stiff. Beat the yolks until thick and lemon-colored, beat into them the hot water and add salt and pepper. Cut and fold together the yolks and stiffly beaten whites. Melt enough fat in an omelet-pan to grease the bottom and sides of the pan. Turn the egg mixture into the pan and cook over a slow fire until it is puffy and a light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done. Do not overcook it or it will shrink or be tough.

Loosen the edges of the omelet, cut through the center, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press slightly to make it stay in place, slip on to a hot plate and serve at once.

FRENCH—

6 eggs
Salt and pepper
2 tablespoons fat

Beat the eggs just enough to mix the whites and yolks, and add salt and pepper. Heat the fat in an omelet-pan, pour a little of it into the beaten eggs and allow the remainder to get hot. Turn the eggs into the pan and as the mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface, and run under the sides. The work must be done quickly and carefully so that the eggs are not all stirred up like scrambled eggs. While the eggs are still soft, but slightly thickened, fold over, let stand a few minutes to brown, and turn on to a hot dish.

FOR THE HOLIDAY BREAKFAST, SLIP YOUR POACHED EGG INTO A BREAD CROUSTADE THAT HAS BEEN HALF-FILLED WITH CHEESE SAUCE, OR DO A FLUFFY OMELET WITH MUSHROOMS AND ASPARAGUS

—Irradiated Evaporated Milk Institute

—Kraft-Phenix Cheese Corporation

BEAUTY IS NOT ONLY IN THE EYE OF THE BEHOLDER WHEN THESE EGGS REACH THE BREAKFAST TABLE
—Institute American Poultry Industries
IN ANOTHER FEW MINUTES YOU CAN HAVE FLUFFY EGGS TO SERVE WITH THE BACON THAT IS BROILED FLAT BETWEEN RACKS
—Armour and Company

VARIATIONS OF PLAIN OMELET

Variations of the plain puffy omelet or the plain French omelet may be made by adding any of the following ingredients to the omelet before it is put into the pan to cook, or by spreading one of them on top just before the omelet is folded. Allow one tablespoon of mixture to each two eggs used.

Aux Fines Herbes—This favorite French omelet is made by adding a mixture of parsley, thyme and sweet marjoram to a plain omelet.

Cheese—Scatter grated or ground cheese over the center of the omelet while it is cooking.

Fish—Use any cooked fish. Chop it fine, season with salt and pepper and moisten with a little cream. Spread on the omelet before folding.

Ham or Other Meat—Scatter minced cooked meat over the center of the omelet while it is cooking. The meat may be browned in a small amount of fat before it is added.

Jardiniere—Stir into the beaten eggs, before cooking, a mixture of chopped parsley, onion, chives, shallots, and a few leaves each of sorrel and chervil, minced.

Jelly—Spread any jelly or jam over the omelet just before folding.

Onion—Mix one tablespoon chopped onion and one teaspoon chopped parsley. Add to the omelet mixture before cooking.

Parsley—Scatter minced parsley over the center of the omelet while it is cooking.

Vegetable—Use cooked left-over vegetables, one vegetable alone or two in combination. Mash the vegetable through a sieve, moisten with a little milk, cream or gravy, and season with salt and pepper. Lightly spread the mixture over the omelet before folding.

CHICKEN OR TONGUE OMELET

1 cup chicken or tongue
2 tablespoons fat
2 tablespoons flour
1 cup cream or milk
Salt and pepper
Plain omelet

Chop the meat until it is very fine. Make a sauce of the fat, flour, and milk or cream. Add salt and pepper and chopped meat. Make a plain omelet and spread the meat mixture on it just before folding.

MUSHROOM OMELET

1 cup mushrooms
1 tablespoon fat
½ cup milk or cream
1 teaspoon salt
½ teaspoon pepper
1 tablespoon flour
Plain omelet

Use fresh or canned mushrooms cut into bits. Melt the fat in a saucepan, add the mushrooms, the milk or cream, salt, pepper and flour which has been mixed to a paste with a little cold milk. Cook for five minutes, then set aside until the omelet is made. Spread the mushroom mixture over the omelet just before folding.

MUSHROOM AND TOMATO OMELET

3 cups tomatoes
1 cup mushrooms
2 tablespoons chopped onion
2 teaspoons sugar
Salt and pepper
6 eggs
½ cup milk

Strain the tomato, add the onion, sugar, salt and pepper and cook several minutes, then add the mushrooms, sliced very thin. Make a plain omelet of the eggs and milk. Pour part of the sauce over the omelet just before folding; fold; place on a hot plate; pour the remainder of the sauce around it and serve.

OYSTER OMELET

12 oysters
½ tablespoon flour
2 tablespoons fat
1 cup cream
6 eggs
Salt and pepper

Chop the oysters. Make a sauce of the flour, fat, and cream. Add the well beaten eggs, season with salt and pepper, stir in the oysters and cook as a plain omelet.

POTATO OMELET

4 cold boiled potatoes
3 tablespoons bacon fat
½ tablespoon salt
⅛ teaspoon pepper
2 eggs
2 tablespoons milk

Cut the potatoes into tiny cubes and cook in the bacon fat with the seasonings for five minutes. Beat the eggs slightly and add the milk, then pour over the potatoes. Cook slowly until set, fold, and turn on to a hot plate.

BAKED CREAMY OMELETS

2 slices bread
1 cup milk
6 eggs
Salt and pepper
Chopped onion

Crumble the bread and allow it to soak in the milk while the eggs are being prepared. Beat the eggs until light, add seasonings and then the bread and milk mixture. Bake quickly (360° F.) in a well-greased shallow pan and when done roll as you would a jelly-roll.

LITTLE OMELETS

6 eggs
½ teaspoon salt
¼ teaspoon pepper
1 cup milk

The following is an excellent method of making an omelet when different members of the family come irregularly to breakfast, as the mixture will be perfectly satisfactory after it has stood for some time, provided it is again beaten thoroughly just before cooking.

Beat the eggs until light and foamy, then add the other ingredients. Fry a small amount at a time on a hot frying-pan or pancake-griddle that has been well greased. When done, roll each omelet quickly, like a French pancake, and serve.

SPANISH OMELET

1 medium-sized tomato
1 small green pepper
½ onion
2 sprigs parsley
1 stalk celery
Olives
Mushrooms
Salt and pepper
4 eggs

Peel the tomato, add the pepper, onion, parsley, celery, olives, mushrooms, and chop all together in a chopping-bowl. Place the mixture in a saucepan, add seasonings and stew for two or three minutes. Beat the eggs, put them in the omelet-pan and, as soon as they begin to cook, add the chopped vegetables. Finish as for plain omelet.

TOMATO OMELET

3 tomatoes
2 tablespoons fat
4 to 6 eggs
Seasoning

Peel tomatoes, remove the seeds and cut into dice. Sauté in the fat until tender. Make the omelet in the usual way, first stirring the tomato into the beaten egg.

CUBAN EGGS

6 eggs
¼ cup sausage meat
1 teaspoon chopped onion
½ teaspoon salt
Pepper

Cook the meat and onion together for five minutes. Beat the eggs until light, add the seasonings, and pour into the pan with the meat. Cook slowly, stirring constantly, until the eggs are thick and creamy. Serve with buttered toast or poured over slices of toast.

EGGS À LA CARACAS

1 tablespoon fat
¼ pound dried beef
1 tablespoon grated cheese
1 cup tomatoes
Salt and pepper
4 eggs
Onion-juice

Melt the fat in a frying-pan and, when hot, add the dried beef and cheese. Toss lightly until the beef is slightly frizzled, add the tomatoes, the seasonings, and the eggs beaten until light. Stir and cook gently until of a creamy consistency.

EGGS À LA SUISSE

6 eggs
2 tablespoons butter or other fat
½ to 1 cup grated cheese
1 cup cream
Salt
Cayenne

Spread the bottom of a baking-dish with fat. Sprinkle a layer of grated cheese over it and break the eggs on the cheese, being careful not to break the yolks. Pour a little cream over the eggs, then more grated cheese. Season with salt and cayenne, and bake in a slow oven (250°-350° F.) until the eggs are set, but not hard. Serve in the baking-dish.

BAKED EGGS ESPAGNOLE

6 eggs
3 tablespoons chopped onion
3 tablespoons chopped green pepper
4 tablespoons fat
¼ cup bread-crumbs
½ cup grated cheese

Fry onion and pepper in the fat until slightly brown, then pour into a baking-dish. Break the eggs into the dish, being careful not to break the yolks. Mix the crumbs with the cheese and sprinkle over the eggs. Bake in a slow oven (250°-350° F.) until the eggs are set, but not hard. Serve in the dish in which they were baked.

PLANKED EGGS

1 cup minced cooked ham or corned beef
1 cup crumbs
Cream
6 poached eggs
Garnish of tomato slices
Green-pepper rings
1 quart mashed potato

Mix the meat with the crumbs and enough cream to make a paste. Spread the mixture on a heated plank of suitable size. Around the edge of the plank make a narrow border of mashed potato and inside the border make six nests of the potato. Slip a poached egg into each nest and set in the oven until the potato turns a delicate brown. Garnish with alternate slices of tomato and green-pepper rings.

EGGS WITH CODFISH

1 cup salt codfish
4 tablespoons fat
2 tablespoons flour
2 cups milk
2 uncooked eggs
Chopped parsley
3 hard-cooked eggs

Cover the fish with cold water and soak overnight. Drain, flake, and sauté with the fat for a few minutes; sprinkle with the flour; add the milk, and cook until smooth. Stir in the uncooked eggs, slightly beaten, and cook three minutes more. Serve on a platter garnished with the chopped parsley and the hard-cooked eggs cut in quarters.

Two additional tablespoons of flour may be substituted for the uncooked eggs, if desired. For creamed codfish, omit the hard-cooked eggs.

EGGS WITH TOMATOES

1 small onion
2 cups tomatoes
1 teaspoon salt
¼ teaspoon pepper
6 eggs
Toast

Cut the onion into small pieces and place with the tomato in a shallow pan. Stew very slowly for ten minutes. Add salt and pepper, then reduce the heat until the tomato stops bubbling. Break the eggs and slip them on top of the tomato, being careful not to break the yolks. Cook slowly until the whites of the eggs are set, then prick the yolks and let them mingle with the tomato and the whites. The mixture should be quite soft, but the red tomatoes should be quite distinct. Serve at once on buttered toast.

SPANISH EGGS

1 slice onion
1 tomato
1 tablespoon fat
6 eggs
1 teaspoon salt
¼ teaspoon pepper

Rub the onion over the inside of a frying-pan. Pare the tomato and cut it into small pieces. Melt the fat in the frying-pan, add the tomato and cook for five minutes, stirring it now and then. Beat the eggs well and add to the tomato, then add salt and pepper and cook slowly, stirring constantly, until the eggs thicken like scrambled eggs. Pour into a hot dish and serve at once.

APPLE OMELET

5 tart apples
½ tablespoon fat
½ cup sugar
Cinnamon or other spice
2 eggs

This is a very delicate dish to serve with broiled spareribs or roast pork. Cook the apples until very soft, then mash them and add fat, sugar, eggs and spice. Bake (250°-350° F.) in a shallow pudding-dish or pie-tin until brown.

DEVILED EGGS

Cold (Picnic Eggs)—Cut hard-cooked eggs in half, either lengthwise or crosswise. Mash the yolks, season with salt, pepper, butter, a little mustard and vinegar. Minced potted

ham may be added, or the yolks may be mixed with mayonnaise dressing. Refill the whites with the mixture; press two halves together, and wrap each egg in a square of waxed paper.

HOT—Omit vinegar, add nuts to the egg mixture, moisten with evaporated milk and refill whites. Cap with large sautéed mushrooms. Pack into greased baking dish, caps up, cover with rich white sauce, then buttered crumbs and brown in 350° oven.

EGG TIMBALES

1 tablespoon fat
1 tablespoon flour
⅔ cup scalded milk
1 tablespoon chopped parsley
3 eggs
Salt and pepper
Cayenne
Celery salt

Make a white sauce of the fat, flour, and milk, and add the egg-yolks, slightly beaten. Add all the seasonings, then fold in the stiffly beaten egg-whites. Fill greased baking-dishes two-thirds full of the mixture. Set dishes in a pan of hot water and poach in a slow oven (250°-350° F.) until firm. Arrange on a platter and serve with tomato cream sauce.

SAVORY EGGS

6 hot hard-cooked eggs
Salt and pepper
¼ cup hot cream
1 cup hot thin white sauce
Chopped parsley
Anchovy paste
6 slices hot buttered toast

Cut the eggs in two lengthwise and remove the yolks. Mash the yolks, add seasonings, cream, parsley, anchovy or any desired relish, and refill the whites. Place on slices of toast and pour the white sauce over them.

EGG FARCI

6 hot hard-cooked eggs
½ teaspoon salt
1½ cups white, Béchamel, curry or tomato sauce
¼ teaspoon pepper
1 tablespoon butter
4 tablespoons milk
Onion-juice

Remove the shells from the eggs and cut them in half crosswise, then cut an even slice from the end of each half so that it will stand up in a pan. Remove the yolks, mash, and add the salt, pepper, butter, milk and a few drops of onion-juice. Mix thoroughly and heap into the hollow of the whites. Set in a

shallow pan and bake in a slow oven (250°-350° F.) for about six minutes, then arrange on a hot dish, and pour over them any preferred sauce.

EGGS À LA GOLDENROD

6 hard-cooked eggs
2 cups thin white sauce
8 slices toast
Salt and pepper
Paprika

Separate the yolks from the whites of the eggs; chop the whites very fine, and add to the white sauce, with salt, pepper, paprika. Arrange six slices of toast on a platter and pour over them the white sauce mixture. Press the egg-yolks through a sieve and scatter over the top. Cut the two extra slices of toast into small triangles, or points, arrange on the platter and garnish with parsley.

CREAMED EGGS

6 hard-cooked eggs
2 tablespoons fat
½ onion
6 slices hot buttered toast
2 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat the fat in a frying-pan, and cook the chopped onion with it for a few minutes until yellow, but not brown. Remove the onion, make a sauce of the fat, flour, liquid and seasonings. When it thickens, add the eggs, and when they are well heated, turn the mixture out on to the buttered toast and serve at once.

SCALLOPED EGGS

Butter
6 hard-cooked eggs
Crumbs
Salt and pepper
Milk or cream

Grease a baking-dish and place in it a layer of crumbs, then a layer of slices of hard-cooked eggs. Dot with bits of butter, sprinkle with salt and pepper, and add another layer of crumbs. Repeat in this order until the dish is full, having a layer of buttered crumbs on top. Pour cream or milk over the whole until it comes about halfway to the top of the dish, and brown in a moderate oven (350°-400° F.).

EGG FRICASSEE

6 hard-cooked eggs
3 cups stock
Minced parsley
Chopped onion
3 tablespoons fat
3 tablespoons flour
¼ cup cream
Salt and pepper

Cut the eggs in slices. Make a sauce of the stock, fat, flour and seasonings. Add the sliced eggs, the cream and salt and pepper. Mix well and serve very hot.

EGGS AU GRATIN

6 hard-cooked eggs
Salt and pepper
Grated cheese
Buttered crumbs
2 cups medium white sauce, or tomato sauce or yellow sauce

Remove the shells from the eggs and slice them. Arrange the slices in a greased baking-dish. Season with salt and pepper and pour the sauce over the top. Sprinkle with grated cheese and cover with buttered crumbs. Bake in a moderate oven (350 F.) until the sauce bubbles and the crumbs brown.

EGGS À LA DUCHESSE

1 onion
Fat
1 cup milk
6 hard-cooked eggs
2 uncooked egg-yolks
2 teaspoons chopped parsley
4 tablespoons grated cheese
Paprika
Salt and pepper
1½ tablespoons lemon-juice

Slice the onion and cook it in a very little fat until brown, then add to it the milk and the eggs cut in halves. Stir over the fire for three or four minutes, then add the slightly beaten egg-yolks, the parsley, cheese and seasonings. Stir over hot water for about eight minutes, add the lemon-juice and serve very hot.

PICKLED EGGS

24 cloves
6 hard-cooked eggs
2 cups vinegar
½ teaspoon salt
½ teaspoon pepper
½ teaspoon ground mustard

Shell the eggs and stick four cloves into each egg. Heat the vinegar and when boiling add the salt, pepper and mustard

mixed with a little cold vinegar. Put the eggs in a glass fruit-jar and pour the boiling vinegar over them. Cover and let stand two weeks before using. Serve with broiled steak.

FLUFFY EGGS

12-18 strips bacon
6 eggs
6 slices toast, square or round
Butter
½ teaspoon salt
⅛ teaspoon pepper
1 cup grated cheese
Paprika

Spread toast with butter and part of grated cheese. Separate eggs, place whites in mixing bowl and leave each separate yolk in shell till needed. Season whites and beat until stiff and fluffy. Heap onto toast and make a dent in center of each. Slip yolk into center of white, season and sprinkle liberally with cheese. Bake at 350° F. until cheese is browned and eggs are set. Garnish with paprika; serve with bacon.

EGGS ROMANOFF

Cut a small section from the pointed end of a hard-cooked egg. Remove yolk, fill with caviar, and replace the cap. Place on a slice of tomato on shredded lettuce and surround with pieces of cold boiled lobster. Serve with Russian dressing, page 449, or Cucumber Cream dressing (below).

EGGS ROBIN HOOD

Split and toast English muffins. Sauté circular pieces of boiled ham and place them on the halves of muffins with slices of broiled tomato. Arrange on each a poached egg and cover with cheese sauce.

Cucumber Cream Dressing—

2 tablespoons vinegar
2 tablespoons sugar
1 cup diced cucumber
1 cup heavy cream, whipped

Add vinegar and sugar to cucumbers, fold into cream.

CHEESE

CHEESE has an important place in the dietary, for it keeps well, it is a concentrated food, and ordinarily it is an economical one, at least when compared with other animal foods.

One pound of cheese represents the fat and protein of a gallon of milk. It is one form in which a surplus of milk may be stored satisfactorily and cheaply.

In spite of this, many persons do not use cheese as frequently as they should. In large measure, this is because the following facts about cheese are not generally known:

That cheese is a very concentrated food and therefore should be eaten in small amounts and should be associated at the same meal with bulky foods such as fruits and vegetables.

That whole-milk cheese is very rich in fat and therefore other fats at the meal should be limited in amount.

That cheese is soft in texture and should be associated with something having tough, "chewy" or crisp texture.

That cheese should take the place of meat or eggs and not be used merely as an addition to a meal already heavy with protein and fat.

Varieties of Cheese

There is a cheese for every taste. The housekeeper should know the ways in which various kinds of cheese are used and choose the variety best suited to the need of the moment. The intensity of flavor desirable in a cheese depends, among other things, on the food with which it will be served. Roquefort, Gorgonzola, Limburger and related types will satisfy many people better than the milder cheeses. Strong, old Cheddar cheese may be served with ginger snaps. From the chemist's standpoint, there is no basis for the statement often made that the highly flavored cheeses of strong odor have undergone putrefactive decomposition.

CHEDDAR, AMERICAN, OR STANDARD FACTORY CHEESE is the most common cheese in use. It is a hard cheese and varies greatly in flavor and texture. It may be white or yellow, old or fresh. A mild cheese is green and not cured; a strong cheese is old and cured. A Cheddar cheese should have a smooth texture and be plastic enough to slice

well. Mold on the outside is no indication of the quality of the cheese. Cheddar cheese is useful in general cooking. Unless made into special dishes like cheese wafers, it is not so good to serve with salads as some cheese of more distinctive flavor. In recipes which call for cheese, without specifying the kind, Cheddar cheese is the variety meant.

Long Horn, Young America, Daisy and Flat are Cheddar cheeses of varying shapes and sizes.

California Jack is the Cheddar cheese of California.

Brie is a soft cheese, ripened by molds from the outside. The cheeses have a red coloration on the surface and vary in size from six to fifteen inches in diameter and from two to three inches in height. The largest weighs from five to six pounds. The interior varies in consistency from waxy to semi-liquid and has a very pronounced odor and a sharp characteristic taste. The cheese is dipped out of the container with a spoon. It is used as a dessert with coffee and wafers or it may be added to salad dressing.

Caciocavallo is a hard Italian cheese shaped something like a gourd and weighing three to five pounds. It is white in color and is so hard that it is necessary to grate it. It is served in small dishes to be sprinkled in soup, spaghetti, etc. It is also added to these dishes during the cooking.

Camembert is a soft cheese, ripened by molds from the outside, so it belongs to the same group as Brie. It has a felt-like rind, one-sixteenth to one-eighth inch in thickness, composed of molds and dried cheese. A typical cheese is about four and one-quarter inches in diameter and three-quarters to one inch in thickness. It is sold wrapped in paper and enclosed in a wooden box of the same shape. Well-ripened cheeses vary from nearly fluid to the consistency of moderately soft butter. It is dipped out of the container with a spoon. It has a strong odor and flavor and is used in the same way as Brie. The entire cheese is eaten by those who like a moldy cheese.

Cheshire is the English Cheddar cheese. It is yellow, grainy, highly colored and highly salted and often more highly flavored than American Cheddar. It is used practically in the same ways as American Cheddar cheese.

Cream Cheese. See Neufchâtel.

Club Cheese is usually made from strong, well-ripened Cheddar cheese which is ground and mixed with butter and condiments. It spreads easily, and therefore is often used in sandwiches.

Edam is a hard cheese. It is put on the market in the form of red balls, weighing from three to four-and-one-half pounds, wrapped in tin-foil. Its texture is solid, close and free from pores. It is rather dry and crumbly. It is mild in flavor and pleasantly saline.

It is usual in this country to cut off a section of the top to serve

as a lid, and to scoop out the inside as it is needed. It is served with salads, with crackers, with pie, etc. The cheese may be set in a silver holder or wrapped in a folded napkin on a plate. It is seldom cooked but often thrifty housewives, after the greater part of the cheese has been removed, stuff the hollow shell with cooked and seasoned macaroni, rice, or something similar and bake it. Edam cheese may be used in rarebit.

Gorgonzola is a semi-hard cheese, resembling Roquefort in that it is streaked throughout with a blue-green mold. The surface is heavily coated with a substance resembling clay. The cheeses are cylindrical in shape, about twelve inches in diameter and six inches in height. It may be crumbly or waxy in texture, and has a flavor resembling that of Roquefort. It is usually served uncooked as dessert, with wafers and coffee, or in salads, or it may be added to the salad dressing.

Liederkranz is a small Limburger cheese.

Limburger is a hard cheese. It is wrapped in waxed paper and then in tin-foil. Each cheese weighs about two pounds. It has a very strong and characteristic odor and taste. The odor, which is disagreeable to some people, may be decreased by removing the rind and exposing the cheese to the air before bringing it to the table. Because of its strong flavor, it is always served uncooked, in sandwiches, with pie, or with wafers and coffee.

Neufchâtel and cream cheese are very similar, Neufchâtel being made from milk containing four per cent. fat and cream cheese from milk containing six per cent. fat. Neufchâtel cheese has a clean, sour-milk or lactic-acid flavor. In texture, it is smooth and free from holes. It is served with crackers or in salads and in sandwiches.

Parmesan is a hard cheese, known in Italy as "Grana" because of its granular appearance when broken. The hardness of the cheese makes cutting it practically impossible. It has small holes or eyes. It is used in cooking, principally. It is grated and added to soup, macaroni, spaghetti and similar dishes.

Pimiento Cheese is a cream, Neufchâtel or ground Cheddar cheese to which pimientos have been added. It is used chiefly for sandwiches.

Pineapple Cheese is an old, very hard Cheddar cheese. It gets its name from its shape. It is bright yellow and varnished on the surface. It is so hard that it is necessary to grate it. It has a stronger flavor than ordinary Cheddar cheese but is used in practically the same way.

Provolona is a very hard Italian cheese resembling Caciocavallo, the main difference being in the shape. It is used in the same way.

Roquefort is a semi-hard cheese made from goat's milk. It is ripened by a green mold which gives it a mottled appearance through-

out. It is found on the market in cylindrical form about seven and one-quarter inches in diameter and three and one-quarter inches thick, also in rectangular form and in small wedge-shaped portions. The pieces are without a definite rind and are wrapped in tin-foil. They must be kept cold. Roquefort has a strong odor and taste and is best served with highly flavored foods. It may be served in salads or with wafers and coffee.

Ricotte is a very hard Italian cheese. It is similar to Caciocavallo and Provolona, except in shape and in being made from albumen whey instead of milk, and is served the same way.

Stilton is a semi-hard cheese having a very characteristic wrinkled or ridged skin or ring. When cut, it shows blue or green portions of mold which give it its characteristic piquant flavor. It belongs to the Roquefort group. It is served as Roquefort is, in salads or as dessert with wafers and coffee, or with pie.

Swiss Cheese is variously known as Gruyère, Emmenthal, Sweitzer and true Switzerland. The peculiar Swiss-cheese flavor is often called a hazel-nut taste. It is a trifle sweet and very tempting. The typical Switzerland cheese has evenly distributed eyes or holes about the size of a cherry, with a dull shine on the inner lining, but the cheese is now packed in small cakes without rind and without holes. The imported Switzerland is yellow in color; the American Swiss is white. Switzerland cheese may be cooked, but is often served in sandwiches or as dessert with pie or with wafers and coffee.

WELSH RAREBIT

1 tablespoon fat
1 tablespoon flour
1 cup milk
½ teaspoon salt
Few grains pepper
¼ teaspoon mustard
¼ to 1 pound of cheese (according to richness desired) shaved or cut fine
6 slices buttered toast

Make a white sauce, in the top of a double boiler, of the first six ingredients, mixing the mustard with the other dry ingredients. Set the top part of the boiler over hot but not boiling water. Add the cheese, cook and stir until it is melted. Serve on hot toasted bread or on saltines. One-half cup chopped olives may be added. This dish may be varied by adding one or two slightly beaten eggs just after the cheese has melted and continuing the cooking until the egg has thickened the mixture.

MEXICAN RAREBIT

½ tablespoon fat
½ green pepper
2 cups grated cheese
1 egg
1 cup canned corn
¼ teaspoon salt
½ cup canned tomatoes
½ cup bread-crumbs
6 slices buttered toast

Melt the fat in the top of the double boiler over direct heat. Add the chopped pepper and cook until slightly softened, but not browned. Set over hot water, add the cheese and stir constantly until the cheese is melted. Mix beaten egg, salt and corn and stir into the cheese mixture; then add the chopped tomatoes and crumbs. Allow the mixture to heat through and serve on toasted bread.

POACHED EGG TOMATO RAREBIT

2 cups tomatoes
¼ teaspoon soda
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
1 cup grated cheese
6 eggs
6 slices toast
¼ teaspoon paprika
Parsley

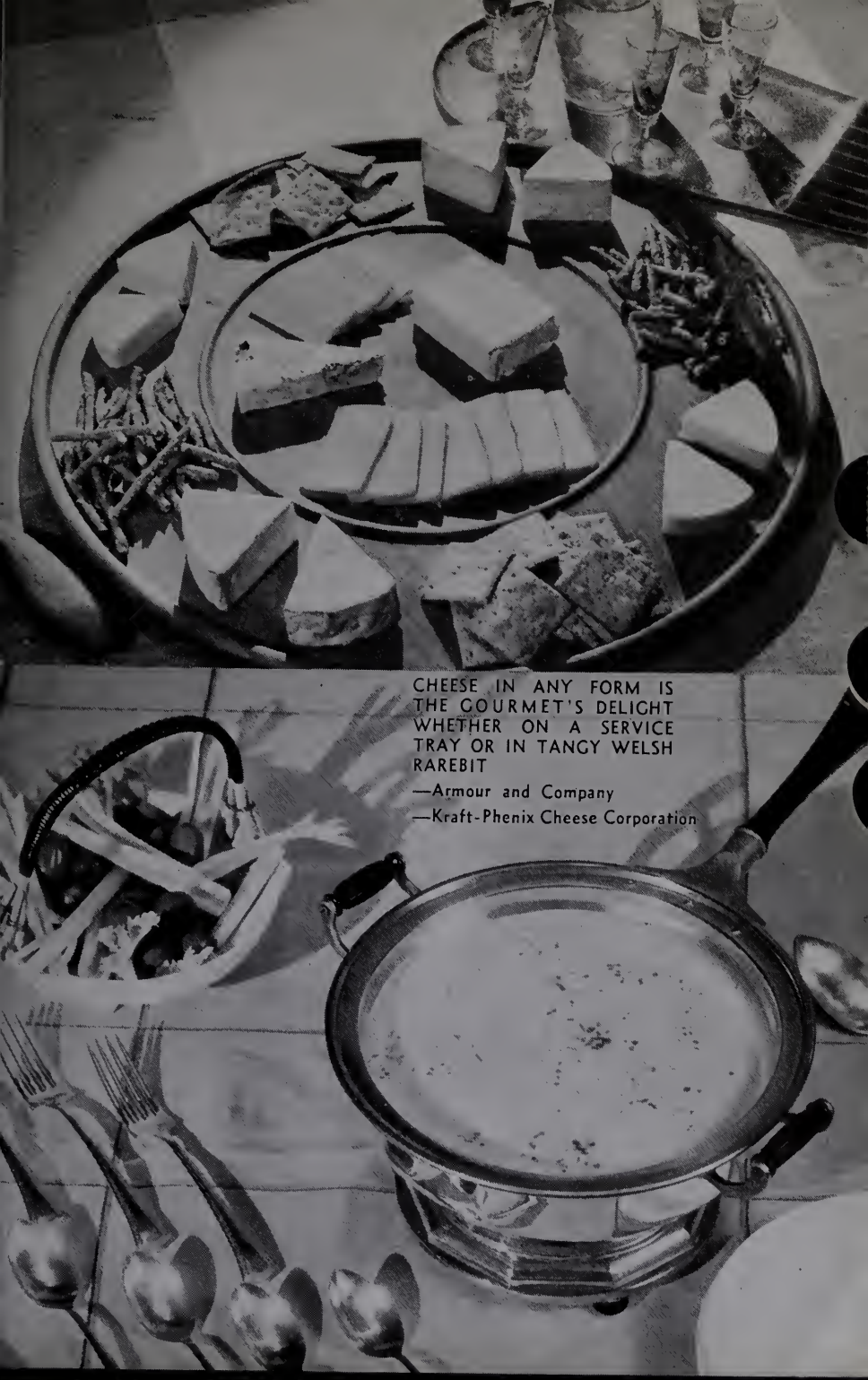
Mix tomatoes, soda and seasonings and stew for about five minutes; then strain and thicken with the flour, mixed to a paste with a little cold water. Add the cheese and stir until smooth. Poach the eggs and place on the toast on a platter. Pour the sauce around the eggs. Sprinkle with the paprika and garnish with parsley.

CHEESE FONDUE

On Toast—

1 cup grated cheese
3 tablespoons melted fat
½ teaspoon salt
Paprika
6 eggs
6 slices toasted bread

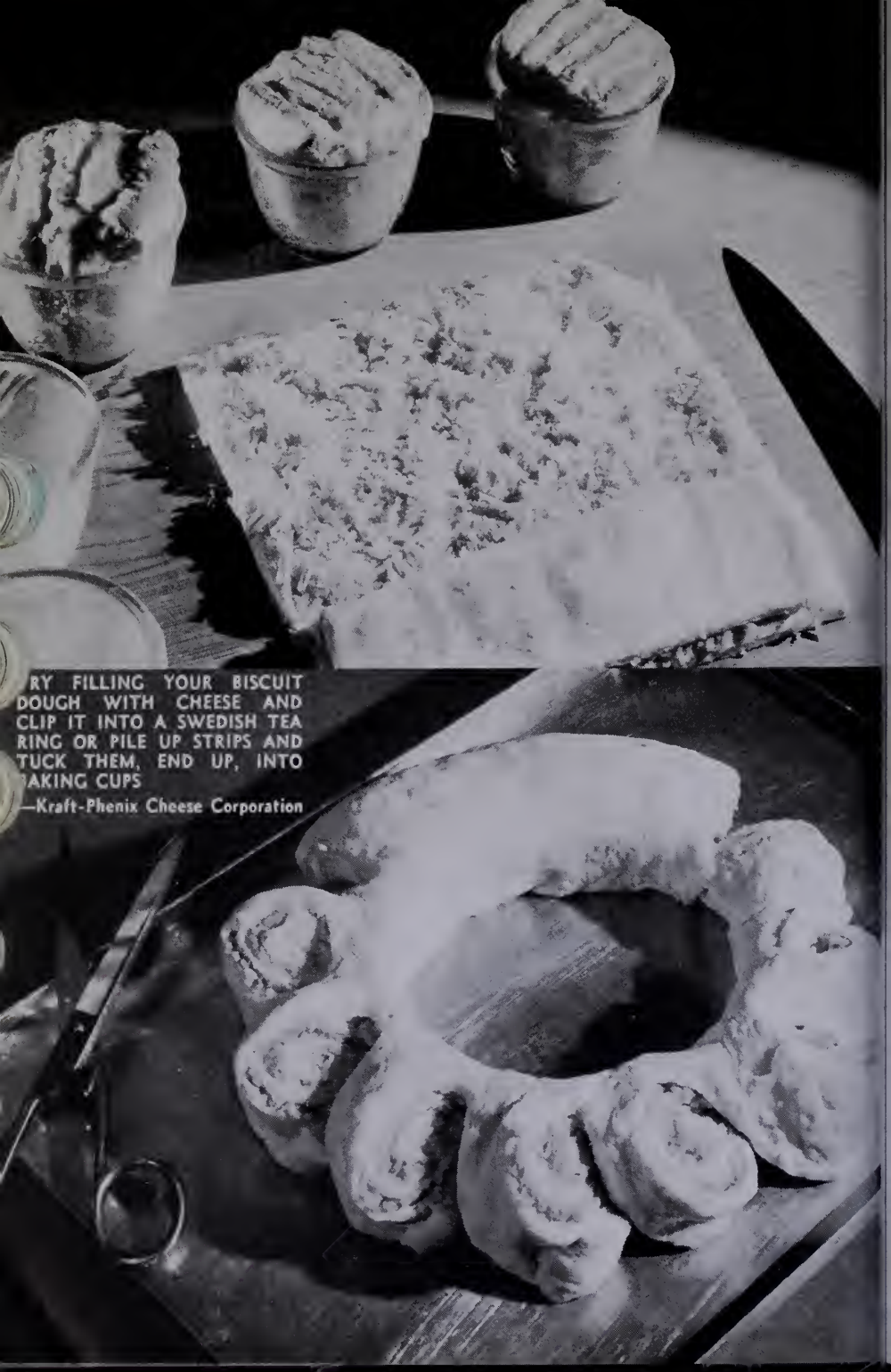
Mix the grated cheese with the fat and add salt and paprika. Beat the eggs until light, add to the cheese mixture, pour into a saucepan, set the pan in another pan of boiling water and cook, stirring constantly, until the cheese is smooth and creamy. Lay the toast on a hot plate, pour the fondue over it and serve at once.



CHEESE IN ANY FORM IS THE GOURMET'S DELIGHT WHETHER ON A SERVICE TRAY OR IN TANGY WELSH RAREBIT

—Armour and Company

—Kraft-Phenix Cheese Corporation



RY FILLING YOUR BISCUIT DOUGH WITH CHEESE AND CLIP IT INTO A SWEDISH TEA RING OR PILE UP STRIPS AND TUCK THEM, END UP, INTO AKING CUPS

—Kraft-Phenix Cheese Corporation

BAKED—

1 cup grated cheese
2 teaspoons fat
1 cup milk
1 cup soft bread-crumbs or 1 cup cooked rice or other cereal
⅓ teaspoon salt
3 eggs
Cayenne

Scald the milk and pour it over the crumbs or cereal, then add the fat, the cheese and seasonings. Beat the egg-yolks slightly and add to the mixture, then fold in the stiffly beaten whites and turn the mixture into a greased baking-dish. Set in a pan of water and bake in a moderate oven (375° F.) until firm on top.

CHEESE SOUFFLÉ

1 cup cheese
3 eggs
1 cup milk
3 tablespoons flour
3 tablespoons fat
½ teaspoon salt
Pepper

Make a white sauce of milk, flour, fat and seasonings. Add the cheese and beaten egg-yolks and stir until the cheese has melted and the yolks are set. Fold in stiffly beaten egg-whites. Pour into a greased dish, or individual molds, and set in a pan of hot water. Bake in a moderate oven (375° F.) fifteen minutes, or until the egg-white is set, and serve at once. It begins to fall as soon as removed from oven.

The cheese soufflé may be baked in ramekin dishes and served as a cheese course for dinner.

EGG AND CHEESE TIMBALES

4 eggs
1 cup milk (warmed)
½ cup grated cheese
1 tablespoon chopped green pepper
⅛ teaspoon paprika
½ teaspoon salt

Beat the eggs very light and add to them the warm milk, the grated cheese, pepper, paprika and salt. Grease small timbale-molds, fill with the mixture, set in a baking-pan of boiling water and bake in a slow oven (250°-325° F.) until the egg is set. Turn out carefully on a hot platter. Serve at once, as they soon fall. They may be served with tomato or pimiento sauce.

LUNCHEON CHEESE AND EGGS

1 cup cream
6 eggs
2 tablespoons grated cheese
Salt and pepper

Put the cream into a frying-pan and let it heat to the boiling-point, then break in, carefully, the eggs. Lower the heat under the eggs and cook until they are set, as in poaching, spooning the cream over the top of the eggs while they are cooking. Put them on a hot platter. To the cream left in the frying-pan, add the grated cheese and seasonings. Stir until melted and pour the mixture over the eggs.

POLENTA WITH CHEESE

1 cup corn-meal
4 cups boiling water
1 teaspoon salt
½ cup grated cheese

Pour one cup of boiling water over the corn-meal and let it stand until it swells, then add the remainder of the water, with the salt, and cook over the direct flame for five minutes, stirring constantly. Turn it into a double boiler or fireless cooker and cook two hours; or into a greased baking-dish and bake in a slow oven (250°-350° F.) for two hours. Just before taking it from the fire, add the cheese and cook until it melts.

CHEESE CROQUETTES

½ cup soft cheese
2 tablespoons fat
2 tablespoons flour
½ cup milk
2 egg-yolks
1 egg-white
¼ teaspoon salt
¼ teaspoon paprika
Crumbs

Make a white sauce, using the fat, flour and milk. Add the slightly beaten egg-yolks, the cheese cut in small bits, and the seasonings. Stir until the cheese is melted. Allow the mixture to cool, then shape, roll in crumbs, then in the egg-white, which has been diluted with one tablespoon of water, then in crumbs again and fry in deep fat (375°-390° F.).

CHEESE CUTLETS

⅔ cup grated cheese
2 cups mashed potatoes
4 tablespoons minced pimiento
1 cup cooked Lima or navy beans, ground
1 teaspoon salt

Combine ingredients and shape the mixture into cutlets about one-half inch thick. Sauté them in a small amount of hot fat and serve with horseradish sauce.

CHEESE BALLS

3 egg-whites
1 tablespoon flour
1½ cups grated cheese
Salt
Cayenne
Crumbs

Beat the egg-whites until very stiff, fold in carefully the flour, cheese and seasonings. Shape the mixture into small balls, roll in fine crumbs and fry in deep fat (375°-390° F.). Serve with soup or salad.

BAKED RICE AND CHEESE

3 cups cooked rice
2 cups cheese
½ teaspoon salt
Cayenne
1 cup milk
2 tablespoons butter
Crumbs

Put a layer of cooked rice in a greased baking-dish, cover with a layer of grated cheese, season with salt and cayenne. Continue adding layers until the dish is almost full. Add enough milk to come half-way to the top of the rice. Cover with crumbs, dot with butter and bake in a moderate oven (350°-400° F.) fifteen to thirty minutes.

CHEESE WAFERS

Spread grated cheese on thin crackers, season with a bit of paprika and heat in a quick oven until the cheese is melted. Serve with soup or salad. Thin slices of toasted bread may be used instead of the crackers.

CHEESE STICKS OR STRAWS

Use any left-over plain or puff paste. Roll out to one-quarter inch in thickness, sprinkle one-half of it with grated cheese.

Fold over the other half and roll out again. Sprinkle with cheese and proceed as before; repeat three times. Cut into very narrow strips and bake for ten minutes on the top shelf of a very hot oven (500° F.).

CHEESE BISCUITS

¾ cup grated cheese
¾ cup flour
½ cup shortening
Cayenne
1 egg-yolk

Mix the cheese and flour, then cut the shortening into this mixture; add a little cayenne pepper and moisten with the yolk of the egg. Roll out to one-fourth inch thick, cut into long, narrow strips and bake in a very hot oven (500° F.) five to seven minutes.

If you prefer use the ordinary recipe for baking-powder biscuits, making the biscuits in two layers and sprinkling grated cheese between the layers.

CHEESE TORTE

2 cups fine zwieback crumbs
1½ cups sugar
1 teaspoon cinnamon
½ cup melted butter or margarine
4 eggs
⅛ teaspoon salt
1½ teaspoons lemon juice
1½ teaspoons grated lemon rind
1 cup cream
1½ pounds cottage cheese
4 tablespoons flour
¼ cup chopped nut meats

Mix zwieback with ½ cup sugar, cinnamon and butter or margarine. Set aside ¾ cup to sprinkle over top, press remainder of crumbs into a 9-inch spring form pan, lining bottom and sides. Beat eggs with remaining 1 cup sugar, until light; add salt, lemon juice and rind, cream, cheese and flour, beat thoroughly and strain through a fine sieve. Pour into lined pan, sprinkle with remaining crumbs and nut meats. Bake in a moderate oven (350° F.) about 1 hour or until center is "set". Turn off heat, open oven door, let stand in oven 1 hour or until cooled. Serves 10 to 12.

VEGETABLES

ROOTS, stems, leaves, buds, seeds and fruits of plants used as food are called vegetables. They classify as follows:

ROOTS—Beets, carrots, parsnips, turnips, salsify, radishes, horseradish, rutabagas, celeriac, sweet potatoes, yams, cassava.

STEMS—Enlarged underground stems called tubers: Irish potatoes and Jerusalem artichokes, dasheen or taro, yautia, kohlrabi, fennel.

STEM AND BUD—Asparagus.

BULBS—Onions (green, called scallions), leek, garlic, shallot.

LEAF STALKS—Celery, rhubarb.

LEAVES—Lettuce, endive, spinach, romaine, watercress, chard, chives, chicory, tops of beets, turnips, dandelion, fennel, mustard, dill, and parsley, escarole, Chinese cabbage, collards, kale.

BUDS—Cabbage (terminal), Brussels sprouts (axillary).

FLOWERING HEADS—Cauliflower, French artichoke, broccoli.

FRUIT—Cucumbers, squash, eggplant, peppers, okra, pumpkin, tomatoes, string beans, green peas, green corn, vegetable marrow, zucchini, chayote, Lima beans.

SEEDS—Peas, beans, lentils, corn, rice, Lima beans, soybeans, grains, cereals.

FUNGI—Mushrooms, truffles.

Selection of Vegetables

Buy vegetables in their season. Many vegetables are in the market the year round, and modern agriculture has greatly extended the season for many others but some, when out of season, lack flavor and freshness.

Vegetables should be fresh, firm (not hard), and ripe. Do not buy vegetables that are old, withered, moldy or bruised, underripe or overripe; there is no saving in cost from purchasing such vegetables. Head vegetables should be solid, with few waste leaves. Cauliflower should be white and firm, with no blemishes. Leafy vegetables should not be wilted. Peas and beans should have crisp pods. Buy vegetables of medium size and regular shape.

Buy only the amount of summer vegetables you can use immediately, because they deteriorate in quality very quickly and are best when cooked soon after gathering.

Winter vegetables may be bought in larger amounts if there is a suitable dry, cool place for storage.

Get acquainted with vegetables that you or your family have never eaten. For the first time buy only enough for your own lunch and cook them after your favorite method. If that is successful, try them on the family. If not, try again with another recipe, until you find one you think they will like.

Care of Vegetables

Summer Vegetables—If these are not to be cooked at once, they should be put in the refrigerator or some other cool dry place. Peas and corn, especially, should be cooked soon after they are gathered, because they lose their sweetness on standing. Lettuce should be sprinkled and wrapped in a heavy cloth or paper, and put into the refrigerator until it is used. Salad greens keep a week or more in mechanically cooled refrigerators if they are washed and placed in closely covered enamel or porcelain containers after being well drained. Cloths or paper wrappings dry out too quickly in mechanically cooled refrigerators.

Cut the stems of wilted vegetables and plunge into cold water to freshen.

Winter Vegetables—These should be in good condition, firm and uninjured and stored in a dry, cool, well ventilated place. Most of them keep better if they are piled up so that the air is excluded. Squash, however, keep better if they are spread out so that they do not touch one another. Squash and sweet potatoes require a warmer place than other vegetables. Vegetables cannot be kept successfully in an unpartitioned cellar containing a furnace. Vegetables should not be overripe when stored, but should be nearly mature. Parsnips improve in flavor if they are allowed to freeze before they are stored. They should be watched carefully and if they show signs of spoiling, should be used at once or removed from the other vegetables.

Preparation of Vegetables for Cooking

Wash all vegetables before cooking, even though they look clean. A vegetable brush is almost a necessity. Soak wilted vegetables before peeling them. Vegetables that are soaked after they are peeled lose some soluble food materials. Dry winter vegetables may be improved by soaking them for several hours. Scrape thin-skinned vegetables; pare thick-skinned vegetables or remove the skin after cooking. Make thin parings except in the case of turnips, from which a thick layer of corky material should be removed. Discard decayed vegetables.

Many vegetables, particularly of the bud, head and fruit groups, need to be immersed for a period in cold salt water. This freshens the fiber and drives out any insects that have taken refuge in crevices. Leaf vegetables need to be washed in several waters, the first of which should be salted for the same reason. The leaves should be lifted out of the water rather than the water poured off. This permits any sand to sink to the bottom of the pan. A tablespoon of liquid ammonia added to the last gallon of wash water will remove the last film that carries an earthy flavor.

What Vegetables Provide

The appreciation of vegetables as food has greatly increased in recent years with an extended understanding of their peculiar values. The modern woman realizes that these values, having been paid for at the market, must be retained in the preparation, if her family is to benefit by her intelligent purchases. Vegetables are one of the three groups of food that protect growth and vitality and preserve the characteristics of youth, the others being milk and fruits. The importance of these protective foods may be realized by the fact that scientists have found an astonishing relation between the early onset of old age and the food habits of persons involved. The modern woman knows that vegetables provide not only starches and sugars for energy, as well as several forms of protein, but what is most important they provide impressive amounts of Vitamins A, B, C, E, and G, in addition to mineral salts. (See pages 39

to 44.) These mineral salts are especially Calcium, Phosphorus, Iron, Copper, Manganese, and Sulphur, as well as Iodine, in vegetables grown along the seashore. Besides all this, she knows that the generous use of many vegetables helps to keep up the body's normal alkaline balance which contributes so very largely to sound health and vitality.

Cooking to Retain These Values

Many vegetables can be and are eaten uncooked with all their values intact. But many more need to be cooked before they can be served. Preparation by cooking should result in the least possible loss while it enhances values not otherwise available. For this reason cooking should:

1. Swell and burst the starch cell so that the center is softened and made digestible.
2. Sterilize the vegetable thoroughly.
3. Break up tough fiber so it is edible and digestible.
4. Release food proteins and minerals from their fiber cells.
5. Provide hot food.
6. Increase many flavors and some colors.

BAKING is the best method to secure all these results and still preserve Vitamins and minerals. Dry baking in their skins, generally used for potatoes, sweet potatoes, squash, turnips, carrots, onions, and parsnips, is a simple method whereby the vegetable is packed in a pan or laid on the rack of a hot oven to remain until just tender when pierced with a sharp fork. Baking, however, also includes the roasting of whole vegetables with meat, gravy, or fat, especially when potatoes or sweet potatoes are scraped, thus preserving mineral values just under the skin.

AU GRATIN AND SCALLOPING are other forms of baking, especially when fresh vegetables are used. In the latter method, layers of the vegetable are alternated in a baking dish or ring mold with white sauce, cream or milk, and seasonings, and in the former method a covering of buttered bread crumbs or buttered crumbs and cheese is added. Leftover cooked vegetables may be prepared by these methods also, but the Vitamin and mineral value will be determined by the first cooking. Only baking in the jacket will insure the preservation of the Vitamins.

Broiling is the exposure to direct heat and can be used for some vegetables. The minerals will be less injured than the Vitamins, for the high heat destroys most of the latter.

Deep Fat Frying, next to baking, is another satisfactory way to retain most of the food values. The vegetable is sliced or cut into convenient form, dipped in egg and crumbs or batter, and immersed in enough very hot fat to cover well. This permits quick cooking with little loss.

In Sautéing, the shredded or broken vegetable is turned into a shallow pan or skillet in which a small amount of fat has been heated. Cooking takes longer and more fat is absorbed by the food, hence, for many persons the process is not advisable.

Boiling does the most damage to fresh vegetables, yet it is used most frequently by the largest number of homemakers. Although there are methods that reduce the losses to a minimum, the modern woman will remember that boiling is to be used least often, and always to be overbalanced by the better methods. Most of the mineral salts occurring in vegetables are easily dissolved in water and the loss of Vitamins during boiling takes place in several ways. They may be destroyed by overheating, by prolonged exposure to the air, and by dissolving out in the cooking water. When this is drained off and discarded, the principal food values gained by the intelligent buying of vegetables has been thrown away. In every case only the smallest possible amount of water should be used and it should be boiling rapidly when the vegetables are dropped in. They should be cooked only until just tender, and by this time most of the water has been evaporated. Greens such as spinach, chard, and dandelions need only the water that clings to the leaves. They go into a cold pot with the heat turned on after the vegetable is in the kettle.

To Boil Vegetables the Proper Way, four methods must be taken into account:

1. The green vegetables are best cooked in water that is slightly alkaline. If there is any doubt, add a bit of baking soda the size of a pinhead. No drinking water would be acid enough to need more. Use an uncovered kettle and cook only until tender to the fork. If overcooked, green vegetables turn brownish because of chemical changes in the coloring matter, the fine flavor is ruined, while food values are lost.
2. White fresh vegetables such as cabbage, cauliflower, and onion are

strong flavored, due to their special oils. Hard water changes these oils so that the white color turns to yellow or brown. To prevent this, add 1 teaspoon of lemon juice or white vinegar. Drop the vegetable into enough rapidly boiling water to cover and cook with the kettle uncovered until just tender to the fork. Add the drained water, if any, to your soup stock.

3. The red color in vegetables is produced by acid and needs to be kept that way. Tomatoes usually have enough acid of their own to keep the color, but beets and red cabbage need a teaspoon of lemon juice or white vinegar. Cook in a small amount of water in a covered kettle.
4. Yellow vegetables are among the most valuable and stable. That rich yellow color is not only beauty but actually the foundation of Vitamin A. Not much damage can be done to it although the minerals and other Vitamins can still be destroyed if the vegetable is carelessly handled.

In general, the destruction of Vitamins is reduced when vegetables are boiled at high temperatures for the shortest possible time, in the smallest possible amount of water. Then the minerals, too, will be saved.

STEAMING as a method of cooking vegetables is valuable for those that can stand a high temperature for a long period, or those that are cooked in the meat pot so that the extracted minerals and Vitamins are used in the gravy. It is particularly good for dried and starchy ones. The long, slow process gives the starch cell time to swell and gelatinize. It is most valuable at high altitudes, because the extra pressure keeps the steam at 212° F. or more, while in the open-air cooking the high altitude reduces the boiling point below 212° F.

WATERLESS COOKING of fresh vegetables is any process in which no water is added. The water in the vegetable itself does the cooking. A thick-walled kettle with a tight-fitting lid is the necessary equipment. Very low heat is used, and the vegetable is tender in a very short time because neither heat nor steam escapes. No minerals are lost and the loss of Vitamins is almost as low as in baking.

All cooking of vegetables reduces the Vitamin C content, although tomatoes and the baked potato manage to retain most of theirs. To insure an adequate daily supply of Vitamin C, the modern woman never loses sight of the fact that some fresh fruits and vegetables must be served every day.

ARTICHOKES

The FRENCH artichoke is boiled in salted water, served hot with brown butter or Hollandaise sauce, or cold with mayon-

naise. The spiny choke below the leaves and above the heart must be discarded. The JERUSALEM artichoke is washed, pared, boiled like a potato and dressed with seasoning, melted butter and minced parsley.

ASPARAGUS

Trim off hard stalks and scales to the head. Tie in bunches, stand upright in boiling salted water. After 10 minutes turn into loaf pan and continue with heat under the stems. Serve with browned butter or Hollandaise.

BOSTON BAKED BEANS

No. 1.

1 pint pea beans
1 small onion
⅛ pound salt pork, part fat
½ teaspoon salt
½ teaspoon dry mustard
2 tablespoons molasses

Soak beans in cold water overnight. In the morning drain and turn into a bean-pot; or simmer until skins begin to burst, but not long enough to be mushy, then turn into the bean-pot. Pour boiling water over salt pork. Scrape the rind until white, score in half-inch strips, and bury meat in beans, leaving only the rind exposed. Mix salt, mustard and molasses in a cup, fill with hot water, stir until well mixed, and pour over the pork and beans. Add water to cover, and bake in a 250°-350° F. oven six to eight hours, adding more water to cover until the last hour, when pot cover is removed and pork raised to the surface to crisp.

Use corned beef instead of pork, or omit meat and use more salt, with one-third cup of fat.

No. 2—QUICK METHOD—Use same ingredients as in previous recipe. Do not soak the beans overnight. Place them over the fire, cover them with cold water, and slowly bring the water to a boil, then set the kettle where the beans will simmer, but will at no time boil vigorously. When they have cooked in this way for fifteen minutes, drain and add fresh boiling water. Add salt pork to the kettle and simmer until the beans may be pierced with a straw. Turn the beans into a colander to drain; put into bean-pot, season and bake as directed above.

ARTICHOKES WITH
HOLLANDAISE SAUCE
ARE WORKS OF ART
—Kraft-Phenix Cheese
Corporation
TENDER GREEN AS-
PARAGUS WITH
CHEESE FONDUE
LOOKS GOOD ENOUGH
TO EAT—AND IS!
—Kraft-Phenix Cheese
Corporation

until tender. Salt the water just before cooking is completed. When done, drain and season with butter, salt and pepper.

If the flavor of salt pork is liked cut slice of salt pork into small pieces and fry until brown, then add one tablespoon flour, one cup hot water, and the beans. Simmer for a few minutes and serve hot.

BOILED BEETS

Wash the beets thoroughly and remove the leaves, being very careful not to break off the little fibers and rootlets which retain the juices and coloring matter. Use plenty of water in cooking. If the beets are tough and withered, soak them for twenty-four hours in plenty of cold water before beginning to cook them.

Try with a fork, and when they are tender drop them into a pan of cold water and slip off the skins with the hands. If small, serve whole. If large, slice those to be used immediately, place in a dish and season with salt, pepper, and butter or savory fat. A teaspoon of sugar may be added also if the beets are not naturally sweet enough. Set them over boiling water to heat thoroughly and serve hot, with or without vinegar. Cold beets left over may be covered with vinegar and used as pickles.

BEET GREENS

Carefully wash and clean young beets, leaving roots and tops together. Put them into a kettle with very little boiling water and allow them to cook until just tender. Salt the water just before cooking is completed. Drain as dry as possible, in a colander. Chop, if desired. Serve hot with vinegar or with butter, salt and pepper.

BROCCOLI

Broccoli is a variety of cauliflower that is green instead of white. It was very popular in Colonial gardens and continued to be grown and sold along the east coast but gained popularity very slowly among native Americans. Within the last ten years growers on the west coast have promoted it and it is now as popular and often more abundant and lower priced than cauliflower. Shipped in ice from early cuttings, even the largest stalks are often tender. Choose heads and leaves that are bright green and crisp. Cut off only such portions of the stalk as are

too hard and tough to admit the knife. Wash under running water and refrigerate, if not to be used at once. When ready to cook, use a deep kettle just large enough for the head or heads and bring salted water to a rapid boil. Insert carefully, stem end down, leave uncovered and when the water stops boiling add soda the size of a small pea to the water around the stems. The heads should not be submerged. When water boils up again they will cook more slowly than the stems and both will be tender in 15-25 minutes. If the heads are under water, they cook so much more rapidly that they will be mushy before the stems are tender. Broccoli heads, stems and leaves are valuable sources of vitamins A and G, as well as iron and calcium.

Serve with brown butter sauce, brown butter and crumbs, Hollandaise sauce or au gratin. Broccoli can be used instead of spinach for cream soup, especially when the green color is wanted.

BRUSSELS SPROUTS

Pick off the dead leaves from the sprouts, soak the sprouts in cold salted water for one-half hour, wash them and put them on the fire in plenty of boiling water. Boil in an uncovered saucepan until tender. Just before they are done, salt the water. Drain in a colander. Reheat; season with salt and pepper, and serve with cream sauce or melted butter.

BOILED CABBAGE

Cut the cabbage into desired shapes. Place it in a kettle with a generous amount of water. Cook uncovered until just tender. Add salt to the water just before cooking is completed. Drain, add butter or bacon fat, salt and pepper.

A little milk or cream may be added or it may be creamed or scalloped or served au gratin.

SCALLOPED CABBAGE WITH CHEESE

1 small head cabbage
2 cups grated cheese
1½ cups medium white sauce
½ to ¾ cup bread-crumbs

Cook the cabbage as directed for boiled cabbage. Into a greased baking-dish, put a layer of cabbage, then a layer of cheese, then a layer of white sauce, and continue to add layers

until the ingredients are all used. Cover the top of the mixture with the crumbs, which may be mixed with a little melted butter, and bake in a moderate oven (350°-400° F.) for about twenty minutes, or until the crumbs are brown.

CARROTS, TOASTED

To serve carrots as a separate vegetable, scrape and wash; leave young carrots whole and cut old carrots in slices lengthwise or crosswise. Boil them until tender (15-30 minutes) in water containing one teaspoon sugar. Just before cooking is completed, salt the water. Drain, add butter, and seasoning or roll in butter, then in corn flakes and brown in oven at 350° F.

CARROTS AND PEAS

No. 1.

2 cups cubed, cooked carrots
1 cup cooked peas, fresh or canned
3 tablespoons butter or other fat or
Medium white sauce

Combine the carrots and peas, reheat and serve with melted butter or any savory fat such as bacon fat; or combine with a white sauce. Season to taste with salt and pepper.

No. 2—With Green Mint—Combine the carrots and peas, as directed above, add one-half cup mint leaves and a little boiling water and boil for five minutes. Drain, add salt and pepper, a generous amount of butter and a sprinkle of sugar. Set in the oven until the sugar melts. Serve with a garnish of fresh mint leaves.

CARROT MOLDS

2 cups grated raw carrot
½ cup bread-crumbs
2 eggs
1 teaspoon salt
2 tablespoons melted fat
½ cup milk

Wash, scrape and grate the carrots and mix with the crumbs. Beat the eggs and add to them the salt, fat and milk. Add this mixture to the carrot and crumb mixture. Fill a greased ring mold or popover cups, set in a pan of hot water and bake in a slow oven (250°-325° F.) until firm.

BOILED CAULIFLOWER

Remove the green leaves from the cauliflower and cut off any bruised or dirty spots. Place it, top downward, in a deep

bowl of cold, salted water and allow it to stay there about half an hour to draw out dust and other impurities. Cook it, whole or broken into flowerets, in boiling water, uncovered. Just before cooking is completed (15-30 minutes) salt the water. Lift out the cauliflower carefully and allow it to drain in a warm place. Pour medium white sauce over it or send the sauce to the table in a sauce-boat, or serve it with melted butter and paprika.

Sometimes hot boiled cauliflower is sprinkled with grated cheese and then with buttered crumbs and baked to a light brown in a moderate oven (400° F.), or it may be sprinkled with the grated cheese and served without baking.

SCALLOPED CAULIFLOWER

1 medium cauliflower
2 hard-cooked eggs or
4 tablespoons grated cheese
1½ cups medium white sauce
Bread-crumbs

Break the cauliflower into flowerets before boiling. Drain. Place a layer of the cooked cauliflower in a greased baking-dish, then a layer of egg slices or of grated cheese, then a layer of white sauce. Repeat until all the cauliflower is used. Put a layer of crumbs over the top and bake in a moderate oven (350°-400° F.) from fifteen to thirty minutes. A bit of cayenne pepper or paprika may be added for additional seasoning.

CREAMED CELERY

2 cups celery cut into inch long pieces
½ cup milk
2 tablespoons flour
2 tablespoons fat
Salt and pepper

Wash the stalks clean and cut them into pieces. Place the celery in a stew-pan, cover with boiling water and boil until tender (about half an hour), by which time the water should be reduced to about one-half cup. Make a sauce with the celery water, milk, flour and butter. Add the cooked celery and season with salt and pepper.

SCALLOPED CELERY

Stew celery, as directed in the preceding recipe, using all milk in the sauce instead of part celery water. Turn the creamed

celery into a greased ramekin, sprinkle with grated cheese and buttered crumbs and bake in a moderate oven (350°-400° F.) until it is a golden brown (15-30 minutes).

CELERIAC

Not every housewife knows celeriac, but it is well worth adding to her list of vegetable acquaintances. It is a variety of celery grown for its turnip-like root instead of for the blanched stalks. The flavor is similar to that of celery.

To prepare celeriac, trim off the tops, wash and pare the bulb, drop it into boiling water and cook about one-half hour, or until tender. Add the salt just before cooking is completed. It may then be prepared in the same way as creamed or scalloped celery, or may be used, cold, in salads.

BOILED GREEN CORN

To have this vegetable in perfection, the husks should be left on until just before it is to be boiled. Plunge the husked ears into boiling water and cook from seven to twelve minutes, according to the size of the corn. Do not salt the cooking water, as this toughens the corn.

Lay a napkin on the serving-plate. Pile the corn upon this in a pyramid, cover it with the corners of the napkin and send it to the table.

CORN SOUFFLÉ

1 tablespoon fat
1 tablespoon flour
½ cup milk
1 teaspoon salt
¼ teaspoon paprika
Pepper
1 boiled pimiento
2 cups corn pulp
2 eggs

Make a white sauce, using the fat, flour, milk and seasoning. Rub the pimiento through a sieve and add it to the sauce. Add the corn to the mixture. Cool slightly, then add the well-beaten egg-yolks and fold in the stiffly beaten egg-whites. Turn into a greased baking-dish, set the dish in a pan of hot water, and bake in a moderate oven (375° F.) until the egg is set, about thirty minutes.

CORN OYSTERS

2 cups corn pulp
2 eggs
2 tablespoons flour
2 tablespoons fat
Salt and pepper

If fresh corn is used, grate it from the cob with a coarse grater. If canned corn is used, select one of the sieved varieties. Beat the egg-yolks and whites separately and add to the grated corn, with flour and fat, salt and pepper. Drop the batter from a spoon into hot fat (360°-370° F.) and fry light brown (2-3 minutes). Drain on soft paper. Serve hot.

CORN PUDDING OR DEVILED CORN

2 tablespoons fat
2 tablespoons flour
1½ cups milk
1 teaspoon salt
¼ teaspoon mustard
Paprika
2 cups corn pulp
1 egg
1 tablespoon Worcestershire sauce
Buttered crumbs

Make a sauce of fat, flour, milk, and seasonings, add corn, egg slightly beaten, and Worcestershire sauce. Pour into a baking-dish, cover with buttered crumbs and bake in a moderate oven (350°-400° F.) fifteen to thirty minutes.

BAKED CORN AND TOMATOES

2 cups cooked corn
2 cups tomatoes
1 teaspoon salt
Pepper
1 teaspoon sugar
1 cup fresh bread-crumbs
3 tablespoons fat

Mix seasonings with the corn and tomatoes and pour all into a greased baking-dish. Spread the crumbs over the top, dot them with the fat, and bake in a moderate oven (350°-400° F.) for one-half hour. This is a satisfactory way of utilizing left-over corn or tomatoes.

CUCUMBER CUPS

This makes a dainty dish for luncheon. Cut the unpared vegetables into sections two inches long and cook until tender in water salted just before cooking is completed. Scoop out the

A MIDSUMMER NIGHT'S DREAM COME TRUE IN THE DELICATE, TEMPTING FLAVOR OF CORN ON THE COB

—National Dairy Council

COOKED CARROTS ROLLED IN BREAD CRUMBS AND BAKED ARE EASY TO MAKE AND SERVE
—The Best Foods, Inc.

NEW PRESENTATION OF PEAS
A CARROT RING, WITH
LICED CARROTS AND PARSLEY
GARNISH
—John F. Jelke Company

center of each section, leaving one-half-inch thickness all around the sides, as well as on the bottom, thus making green cups of the vegetable. These cups may be filled with creamed chicken, sweetbreads, mushrooms or any other filling held together with white sauce.

STEWED CUCUMBERS

3 cucumbers
6 slices toast
2 tablespoons fat
2 tablespoons flour
1 cup boiling water
½ teaspoon salt
Pepper
1½ tablespoons lemon-juice

Peel medium-sized cucumbers and cut them into quarters lengthwise. Place in a shallow pan, cover with the boiling water and stew gently for ten to twenty minutes. Add salt just before cooking is completed. When done, lay them carefully on toasted bread, make a sauce of the flour, fat, water in which cucumbers were cooked, and seasonings, cook until smooth, and pour the sauce over the stewed cucumbers.

CUCUMBER SAUTÉ

4 cucumbers
Butter
Flour
Salt and pepper
Minced parsley or chives

Pare and quarter the cucumbers and boil them, without any water, for three minutes. Drain; season with salt and pepper; roll in flour and sauté in a little butter until tender. Sprinkle with parsley or chives just before the cooking is completed.

DANDELION GREENS

2 pounds dandelion greens
Salt and pepper
1 tablespoon butter

Dandelions should be used before they blossom, as they become bitter after that time. Cut off the roots, pick the greens over carefully, and wash them well in several waters. Place them in a kettle, add a little boiling water, and boil until tender. Salt the water just before cooking is completed. When done, lift them into a colander, press them to drain off all the water, and chop. Add butter, salt and pepper.

FRIED EGGPLANT

1 eggplant
Salt
Cracker-dust or bread-crumbs
Egg

Cut the eggplant into one-half-inch slices, pare and sprinkle each slice with salt. Lay slice upon slice and place a plate upon the top. Let stand two hours. The salt will draw out the disagreeably bitter flavor. Half an hour before serving, wipe each slice dry, dip in beaten egg, then in cracker dust or fine bread-crumbs, and sauté in hot fat. Put a pan in the oven or in some other place where it can be kept hot; lay a piece of absorbent paper in the pan, and upon it place the slices as they come crisp and brown from the frying-pan. Serve on a hot platter with the slices overlapping.

STUFFED EGGPLANT

1 eggplant
2 tablespoons butter
Salt and pepper
½ cup water
2 cups crumbs

Cut the eggplant in half lengthwise and scoop out the center pulp, leaving the rind about one-half inch thick so that the shape may be firm. Cover the shells with cold water. Chop the pulp fine, season it with salt, pepper, and butter, and cook in a frying-pan for ten minutes, stirring well, then add water and one cup of bread-crumbs. Drain the shells, sprinkle the interior of each with salt and pepper and fill them with the mixture. Spread the remaining crumbs over the tops. Place the halves in a baking-dish or deep pan, and pour enough hot water into the pan to come one-third up the sides of the plant. Bake in a moderate oven (350°-375° F.) one-half hour, and serve hot.

CREAMED CHICORY OR ENDIVE

Wash the plant carefully and pick off the outer green leaves, leaving only the white part. Boil until tender, drain well, return it to the kettle, and nearly cover with medium white sauce, which should be well seasoned.

KALE

Kale may be cooked and served in the same way as spinach, or tied in a bundle like asparagus and served on toast with a generous allowance of butter or white sauce.

CREAMED KOHLRABI

6 kohlrabi
2 tablespoons fat
2 tablespoons flour
Salt
Paprika
2 cups milk
1 egg-yolk

Wash and pare the kohlrabi. Cut into half-inch cubes, drop into boiling water to cover and cook until tender. Just before cooking is completed, add salt, then drain and shake over the fire to dry slightly. Make a white sauce from the flour, fat, milk and seasonings, adding the egg-yolk last, and pour it over the vegetable.

SAUTÉED LENTILS

1 pint lentils
⅛ teaspoon soda
Salt and pepper
2 tablespoons fat

Wash the lentils and soak over night. In the morning, drain them, cover with warm water in which the soda has been dissolved, and bring them quickly to the boiling-point. Boil gently for one hour, drain, cover them again with fresh boiling water, and boil gently until tender; this generally requires from two to three hours longer. Test by mashing a lentil between the fingers. If it crushes quickly, they are done. Drain in a colander.

Melt fat in a frying-pan; add the lentils, with salt and pepper to season; stir them over the fire for fifteen minutes. Two minced onions may be added, if desired.

MACÉDOINE OF VEGETABLES

2 cups mixed cooked vegetables
1 teaspoon beef extract or ½ cup stock
1 teaspoon sugar
½ cup water
Salt and pepper
2 tablespoons butter or other fat

Mix all the ingredients together and cook eight or ten minutes over a hot fire, shaking the pan now and then. Serve hot.

BOILED MACARONI OR SPAGHETTI

Break the macaroni or spaghetti into short lengths. Cover with plenty of boiling water and boil until soft, twenty-five to thirty-five minutes generally being required. If a cooker with perforated inner container is not available, stir occasionally with a fork to prevent sticking to the kettle. Turn into a sieve and drain thoroughly. Place in the serving-dish and cover with tomato sauce. Serve grated cheese with it or mix the cheese with the tomato sauce. Some people prefer spaghetti cooked in long pieces. To do this place the ends in boiling water and coil it as it softens.

BAKED MACARONI OR SPAGHETTI WITH CHEESE

2 cups macaroni or spaghetti broken into short lengths
¼ pound grated cheese
Salt and pepper
2 tablespoons butter or other fat
1½ cups milk

Boil and drain the macaroni or spaghetti as directed in the preceding recipe. Arrange a layer in the bottom of a pudding-dish. Over it sprinkle some of the cheese and scatter over this bits of butter or other fat. Add a sprinkling of salt and pepper. Fill the dish in this order, having macaroni on top, well oiled with fat but without cheese. Add just enough milk to cover well and bake in a moderate oven (350°-400° F.), about one-half hour. Serve in the dish in which it was baked.

MUSHROOMS

To Prepare Mushrooms for cooking by any method, cut off the stalks, pare the caps, or brush well if they are fresh and tender, and drop them into a bowl of water which contains the juice of half a lemon or a tablespoon of vinegar if you wish to keep them from darkening. If the stalks are solid and tender, they may be peeled, cooked and served with the caps, otherwise cook them with the peelings in a small amount of water, for mushroom stock.

Too much cooking toughens mushrooms. Three or four minutes will heat canned mushrooms, and five or six minutes will cook fresh ones, usually.

CREAMED MUSHROOMS

No. 1.

2 tablespoons fat
1 tablespoon flour
½ cup cream
¼ teaspoon pepper
1 teaspoon salt
½ cup boiling water
2 cups mushrooms, fresh or canned

Make a sauce of the fat, flour, cream and seasoning. Prepare mushrooms and stew them in boiling water until tender. Add, without draining, to cream sauce. Serve very hot.

No. 2.

1½ tablespoons fat
1½ tablespoons flour
1 egg-yolk
1 cup milk
Salt and pepper
1½ cups cooked mushrooms fresh or canned

Prepare a white sauce of the fat, flour, milk and seasonings. Add the cooked mushrooms to the sauce and cook gently for several minutes. Just before serving, add the beaten egg-yolk and reheat.

MUSHROOMS UNDER GLASS

2 tablespoons butter
½ tablespoon lemon-juice
Salt and pepper
½ teaspoon minced parsley
1 slice toast
6 mushroom caps
¼ cup heavy cream

The quantities given allow for service of only one person.

Baking dishes with bell-shaped glass covers are obtainable at most house-furnishing stores. The mushrooms should be served with the covers on.

Cream butter and add lemon-juice, drop by drop, salt, pepper and minced parsley. Cover the bottom of an individual baking-dish with a circular piece of toast three-eighths of an inch thick, wetting the under side with half the sauce already made. Pile mushroom caps, cleaned and peeled, on the toast and pour over them the remainder of the sauce and the heavy cream. Cover with glass and bake in a quick oven (400°-450° F.) about twenty-five minutes. Save the stalks, if tender, or stew with skins in a little water to make stock for seasoning sauces and gravies.

BAKED OR ROASTED MUSHROOMS

36 mushroom caps
Salt and pepper
Butter
6 slices toast

Select mushrooms that are plump and are truly little cups. Prepare caps as directed. Place them upside down in a baking-dish, sprinkle with salt and pepper and place a bit of butter in each cup. Set the pan in a quick oven (400°-450° F.) and cook for fifteen minutes. The cups will be filled with their own liquor. Serve on toast, very hot.

BOILED OKRA

No. 1.

1 quart tender okra pods
Salt and pepper
3 tablespoons butter
1 tablespoon vinegar

Test the okra by breaking off the tips of the pods. If there are tough strings that will not break easily the pod is too old to be served as a vegetable and should be kept for a soup or sauce which is to be strained. The pods of okra are so sticky that special care is needed to avoid breaking them during the cleaning. Wash them well, and remove the stems, place in sufficient boiling water to cover them and boil until tender (20-40 minutes). Add salt just before cooking is completed. Okra should boil very slowly, as rapid boiling will break it in pieces. When it is tender, turn into a colander to drain, then lay it in a serving dish. Melt the butter, add the vinegar and a little salt and pepper; mix well, and pour the sauce over the okra.

No. 2.

2 cups okra
2 tomatoes
Salt and pepper
1 tablespoon butter

Test and wash the okra as above; remove stems and cut the pods into slices, crosswise. Place in a granite stew-pan, just cover with boiling water and simmer until tender (20-40 minutes). Add the tomatoes, peeled and chopped, and stew for ten minutes longer. Add butter, salt and pepper, and serve.

BOILED ONIONS

Peel the onions. If they are very large cut them in quarters. Cook in boiling water, uncovered, until tender (30-60 min-

utes). Just before cooking is completed, add salt to taste. When cooked, drain well, season with butter and pepper and serve hot.

CREAMED ONIONS

In peeling the onions remove all of the green leaves, for they should be as white as milk when served. Drop them into boiling water and boil uncovered for ten minutes. Drain, add freshly boiling water and continue cooking until tender (30-60 minutes). Just before cooking is completed, add salt. Drain thoroughly, place in a serving-dish and pour medium white sauce over them. If the onions are large they may be quartered before they are cooked.

STUFFED ONIONS

6 medium to large onions
½ cup chopped ham or chopped green pepper
½ cup soft bread-crumbs
Fine dry bread-crumbs
½ cup milk
Pepper
½ teaspoon salt
1 tablespoon fat

Remove a slice from the top of each onion and parboil the onions until almost tender. Drain and remove the centers, leaving six little cups. Chop the onion that was scooped out and combine with it the ham and soft crumbs. Add seasoning and refill the onion cups. Place them in a baking-dish, cover with crumbs, add the milk, and bake in a quick oven (400°-450° F.) until tender.

CREAMED PARSNIPS

12 medium-sized parsnips
1 cup milk
Salt and pepper
2 tablespoons flour
2 tablespoons fat

Young parsnips are most desirable, but old ones may be used if the woody center is removed.

Wash and scrape the parsnips, and boil them until tender. Drain and cut them into small pieces. Make a sauce of the fat, flour, milk and seasonings. Add the cooked parsnips and serve.

FRIED PARSNIPS

12 medium-sized parsnips
Flour or fine crumbs
Salt and pepper

Scrape and boil the parsnips until tender. If old, remove the woody centers. Drain, and when cold, cut them in long, thin slices about one-third of an inch thick, and season each slice with salt and pepper. Dip the slices in flour or fine crumbs and sauté in fat or oil until both sides are thoroughly browned. Drain well and serve very hot.

BOILED PEAS

2 quarts peas in the shell
Salt and pepper
2 tablespoons butter

Fresh peas should not be shelled until just before they are needed for cooking. Look them over carefully after shelling, taking out any tendrils that may be mixed with them. Wash and cook until tender in a covered pan in just enough boiling water to prevent scorching. Add salt just before cooking is completed. Young peas will cook in ten to twenty minutes but those that are more mature require a longer time. Most of the water should have cooked away. If any remains, drain carefully. Let the peas stand in the drainer over hot water. Melt the butter, add salt and pepper and the drained peas. Mix well, reheat, and serve.

CREAMED PEAS

2 cups cooked peas
1 cup medium white sauce

Mix peas with white sauce. Reheat and serve.

BHUGIA

2 cups peas
4 medium potatoes
Chopped green peppers
2 tablespoons oil or melted fat
Salt

This is a popular dish in India and is usually served with the dinner roast. Boil the peas and potatoes separately. When the potatoes are thoroughly done, drain and let them cool enough

to be easily handled. Drain the peas. Heat the oil in a frying-pan. Slice the potatoes and sauté potatoes and peas together in the oil. Season with salt and sprinkle with chopped green peppers.

RICE AND PEAS

1 cup rice 2 onions 2 cups green peas

Boil the rice and peas separately. Chop the onions fine and fry them in oil until tender. Add the cooked rice and peas.

BOILED POTATOES

Select potatoes of uniform size. Wash, pare, if you wish, and drop into cold water. Cook in boiling water until tender when pierced with a fork. Just before cooking is completed, add the salt. The water should be kept boiling constantly. When done, drain and shake the pan over the fire to dry the potatoes. Serve in an uncovered dish or cover with a folded napkin. Old potatoes should be soaked in cold water for an hour or so before boiling. When they are pared, potatoes lose much vitamin and mineral content in boiling. It is better, therefore, from the nutritional standpoint, to wash them thoroughly, scrubbing with a brush, and boil them with the skins on. They may be peeled quickly before they are served, or served with the skins on.

RICED POTATOES

Force hot, freshly boiled potatoes through a ricer or coarse strainer. Sprinkle with salt and pile lightly into the serving-dish. Serve at once in an uncovered dish.

BAKED POTATOES

Select smooth, medium-sized potatoes, scrub, remove the eyes and any blemishes, place in a baking-pan or on the rack in a very hot oven (450°-500° F.) and bake until tender (30-60 minutes). Be sure to have the oven hot before the potatoes are put in. To test the potatoes, do not pierce them with a fork, but squeeze them with the hand wrapped in a towel. When soft, break the skin to keep them from being soggy, and serve.

POTATOES ON THE HALF-SHELL

Select medium-sized or large potatoes; scrub and bake. Remove a piece of skin from the side of each potato to make it boat-shaped, or cut large potatoes in two lengthwise. Scoop out the inside, being careful not to break the shell. Mash very thoroughly—it is advisable to put them through the ricer—add butter, salt and milk, and beat well. Pile the mixture lightly back in the shells. Do not smooth down the top. Stand the filled shells in a shallow pan, return to the oven (400° F.), and brown lightly on top. Tuck in small wieners before serving if desired.

STUFFED POTATOES

Follow directions for potatoes on the half-shell, adding one-half cup peanut butter and two egg-whites to the potato mixture.

POTATOES SUZETTE

6 medium-sized potatoes
½ cup hot milk
2 tablespoons melted fat
6 eggs
6 tablespoons buttered crumbs
1 tablespoon grated cheese
Salt and pepper

Prepare as for potatoes on the half shell. Refill the shell almost to the top, break an egg into each opening, season with pepper and salt and sprinkle with buttered crumbs that have been mixed with grated cheese and bake in a slow oven (250°-350° F.) long enough to set the egg and brown lightly (about six minutes).

SCALLOPED POTATOES

6 medium-sized potatoes
2 tablespoons flour
4 tablespoons butter
Milk
Salt and pepper

Pare raw potatoes and cut them into thin slices. Place in a baking-dish a layer of the potato one inch deep, season with salt and pepper, sprinkle a portion of the flour over each layer, add a part of the butter in bits. Then add another layer of the potato and seasoning, as before, and continue until the required amount is used. It is advisable not to have more than

two or three layers because of difficulty in cooking. Add milk until it can be seen between the slices of potato, cover and bake (350°-400° F.) until potatoes are tender when pierced with a fork (1-1½ hours). Remove the cover during the last fifteen minutes to brown the top. Serve from the baking-dish.

FRANCONIA POTATOES

Select medium-sized potatoes, pare and place them in the baking-pan with the roast, allowing an hour and a quarter for their cooking. Turn them often and baste with the gravy from the roast. Serve them arranged about the meat on the platter. If you wish to shorten the cooking time, parboil them for fifteen minutes before putting them into the roasting-pan, and allow forty-five minutes for the roasting.

DUTCH POTATOES

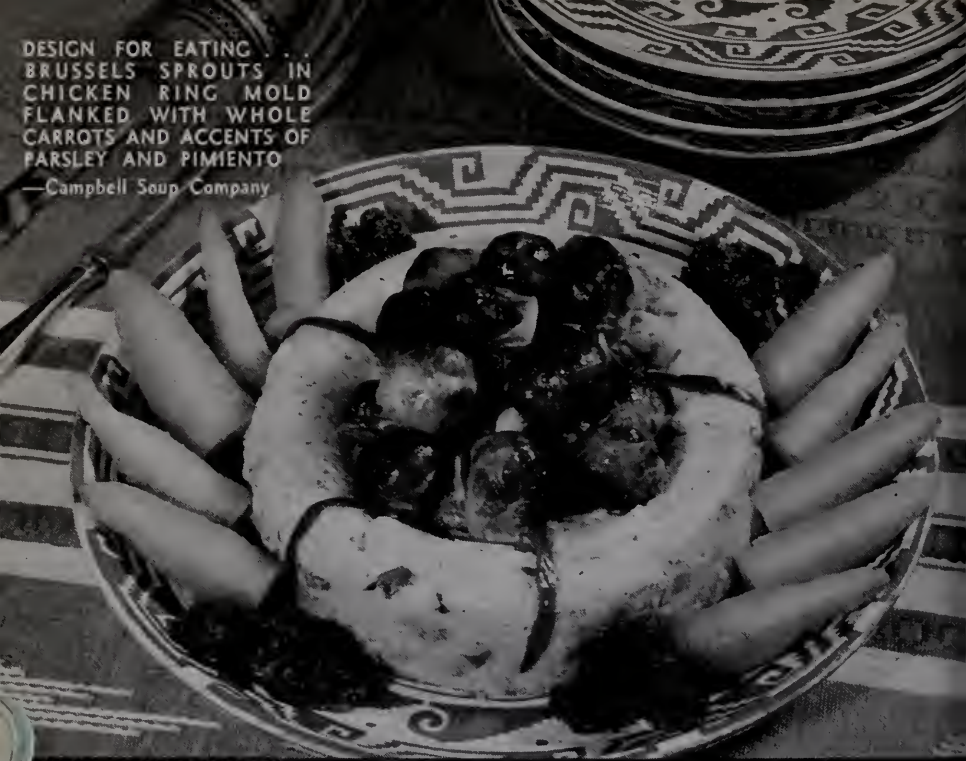
6 potatoes
6 frankfurter sausages
6 slices fat salt pork or bacon
Pepper

Scrub medium-sized potatoes; pare or leave the skins on as preferred. With an apple-corer cut a tunnel through the center of each, lengthwise. Draw through each cavity one of the frankfurters. Place in a dripping-pan and lay a blanket of fat salt pork or a thick slice of bacon on each potato. Pepper lightly and bake in a very hot oven (450°-500° F.) until the potatoes are tender, basting occasionally with the drippings and a little hot water.

POTATO PUFF OR SOUFFLÉ

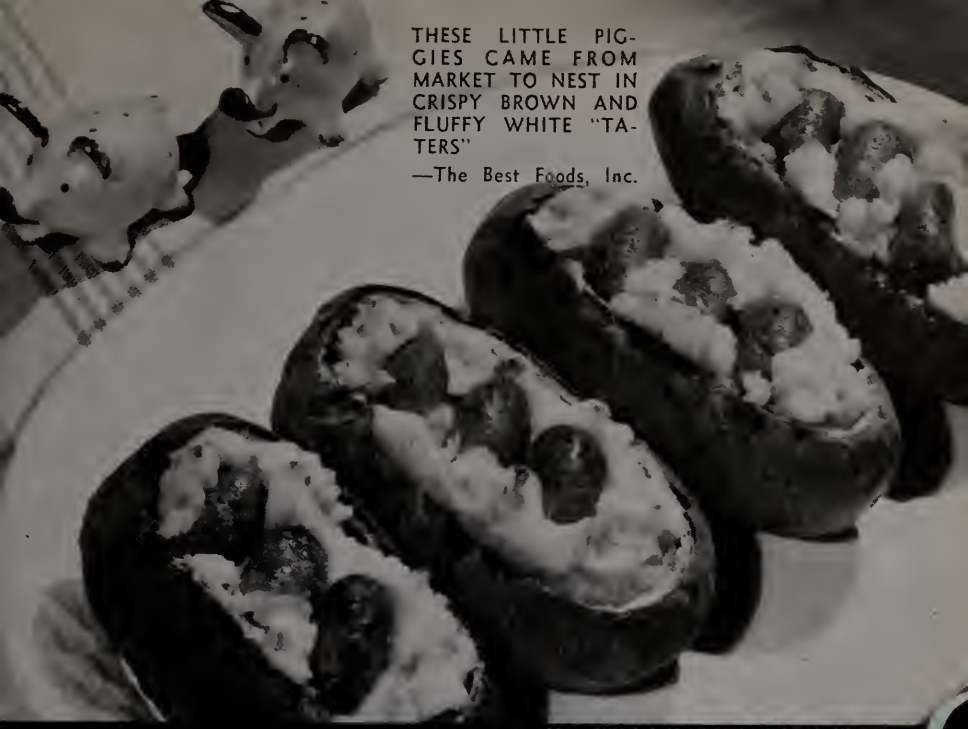
2 cups hot mashed potatoes
2 eggs
1 cup milk
2 tablespoons butter or other fat

To the mashed potatoes add the fat, the egg-yolks which have been beaten until very light, and the milk. Stir until well blended and then fold in the stiffly beaten egg-whites. Mix lightly and pile the mass in a well-greased baking-dish. Set in a pan containing hot water and bake in a moderate oven (375° F.) twenty to thirty minutes. Serve at once.



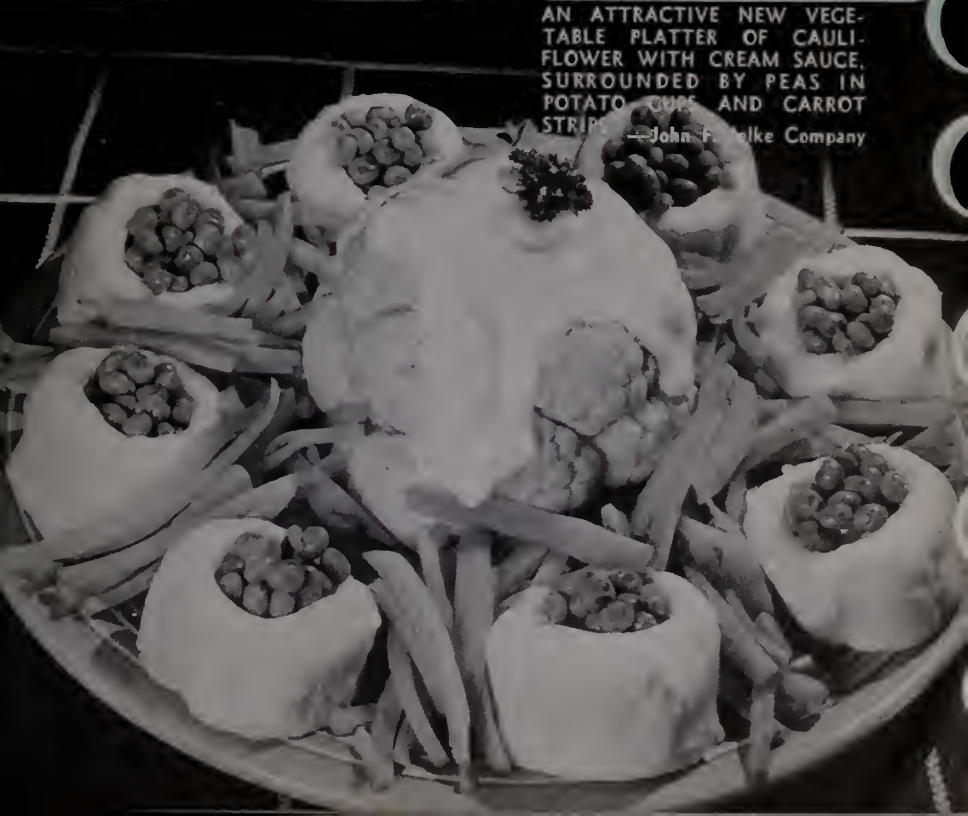
DESIGN FOR EATING . . . BRUSSELS SPROUTS IN CHICKEN RING MOLD FLANKED WITH WHOLE CARROTS AND ACCENTS OF PARSLEY AND PIMIENTO
—Campbell Soup Company

WHOLE BOILED SQUASH SERVED ON A PARSLEY BED, RINGED WITH TOMATO AND CUCUMBER SLICES
—John F. Jelke Company



THESE LITTLE PIGGIES CAME FROM MARKET TO NEST IN CRISPY BROWN AND FLUFFY WHITE "TATERS"

—The Best Foods, Inc.



AN ATTRACTIVE NEW VEGETABLE PLATTER OF CAULIFLOWER WITH CREAM SAUCE, SURROUNDED BY PEAS IN POTATO CUPS AND CARROT STRIPS

—John F. Jelke Company

SAVORY POTATO CAKES

2 cups hot riced potatoes
1 egg
2 tablespoons butter or other fat
½ teaspoon salt
¼ teaspoon paprika
Sifted bread-crumbs
2 tablespoons chopped mint leaves

Add the egg-yolk, fat and seasonings to the potatoes. Shape into cakes, dip into the slightly beaten egg-white, which has been diluted with two tablespoons water, roll in crumbs and fry in deep fat (375°-390° F.) until brown.

JULIENNE POTATO WITH SAVORY SAUCE

2 cups potato cut in strings
1 small onion
1 teaspoon mixed herbs
2 tablespoons fat
2 tablespoons flour
1 cup milk
1 teaspoon salt
Pepper
Grated cheese

Cut the raw, pared potatoes into long match-like strips. Cook them in boiling water until tender. Drain and turn into a warm dish. Brown the chopped onion and the herbs in the fat. Add the flour, stirring thoroughly, add the milk, salt and pepper and cook in a double boiler twenty minutes. Strain and pour over the cooked potato. Sprinkle with grated cheese and serve.

MASHED POTATOES

6 medium-sized potatoes
Hot milk or cream
2 tablespoons butter
Salt and white pepper

Pare and boil the potatoes. Drain, and set the saucepan in a warm place with the cover off for a minute or two to dry the potatoes thoroughly. Mash the potatoes in the saucepan in which they were boiled, or turn them out into a warm dish and put through the ricer into the same saucepan. Work quickly so that they will not get cold. Add the butter, season to taste, and beat, adding milk or cream a little at a time until the potatoes are light and moist.

For Potato Cups—Pile into a large teacup and make a hollow with the bottom of a smaller tumbler or bottle. Slip out carefully onto the serving plate. Keep hot until filled and served.

MASHED POTATOES AU GRATIN

6 potatoes riced
3 tablespoons fat
½ teaspoon salt
½ teaspoon paprika
2 eggs
¼ cup grated cheese
½ cup buttered crumbs

Add fat, seasoning and eggs to the hot riced potatoes. Beat until light and mound on a baking-dish. Cover with grated cheese and then with buttered crumbs. Bake (400° F.) ten minutes, or until the crumbs are brown.

DUCHESS POTATOES

2 cups riced potatoes
2 tablespoons fat
2 egg-yolks
Salt and paprika

Mix riced potato, fat and beaten yolks of eggs, reserving a little of the yolk for brushing the cakes. Add a little salt and paprika. Shape by means of a pastry-bag and tube into leaves, crowns, pyramids, etc. Brush over with beaten egg-yolk to which one teaspoon of water has been added. Brown in a hot oven (400°-450° F.).

FRENCH FRIED POTATOES

No. 1—Wash and pare potatoes and cut into eighths lengthwise. Dry between towels and fry in deep fat (395° F.). Drain on soft paper, sprinkle with salt and serve in an uncovered dish.

No. 2—Cut uncooked potatoes into blocks measuring about three-fourths of an inch each way, and place them in boiling water. Cook until almost done, ten or eleven minutes being usually required. Then drain off all the water and allow five minutes for the escape of steam. Fry them a few at a time in deep fat (395° F.). Drain on soft paper placed on a hot plate. Sprinkle with salt and pepper.

BELGIAN BAKED POTATOES

Prepare potatoes as for French fried. Dip them in melted fat and lay them in a shallow pan, being sure that the pieces do not overlap. Bake in a quick oven (400°-450° F.) until brown on top, turn carefully and continue baking until they resemble

French fried potatoes. Baste them with more fat during baking, if necessary. When done, sprinkle with salt and serve piping hot.

POTATO CHIPS OR SARATOGA POTATOES

Wash and pare potatoes and shave into very thin slices. Soak them for one hour in cold water, then drain and dry on a towel. Fry in deep fat (395° F.) a few slices at a time until light brown, keeping them in motion with a skimmer. Lay them on soft paper to drain. Sprinkle lightly with salt, and serve.

In cool weather, enough potato chips may be cooked at one time to last a week or ten days. They should be kept in a cool dry place and should always be reheated in the oven until crisp, before serving.

AMERICAN FRIED OR BROWNED POTATOES

No. 1—Cut boiled potatoes into slices one-fourth of an inch thick. Heat a very little fat in a frying-pan and sauté the slices, browning on both sides. Season with salt and pepper.

No. 2—Chop the potatoes in a chopping-bowl until the pieces measure one-half inch or less, and add them to the hot fat in the frying-pan. Season with salt and pepper and sauté, stirring constantly, until the potatoes look yellow and are cooking well. Then cover the pan, set it in a slow heat for five minutes, and serve in a heated dish.

HASHED BROWN POTATOES

2 tablespoons oil or drippings
6 boiled potatoes
Salt and pepper

Chop the potatoes, adding salt, and a dash of pepper. Heat the fat in a frying-pan, and add the chopped potatoes to the depth of one inch. Press the potatoes down in the pan, packing them firmly. Cook slowly, without stirring, until the potato is brown. Then begin at one side of the pan and fold the potatoes over on the other like an omelet, packing closely together. Turn out on to a hot serving platter and serve.

CREAMED POTATOES

No. 1.

2 cups cold boiled or baked potatoes
1½ cups medium white sauce
Salt and pepper

Cut potatoes into small pieces and mix with the white sauce. Cook together gently until the potatoes are thoroughly heated through. Season to taste.

No. 2—Slice boiled potatoes very thin. Turn them into a frying-pan with two tablespoons melted butter and pour in milk until it almost covers them. Stew, uncovered, over a low heat, without stirring, for twenty or twenty-five minutes. Tip the pan a little every five minutes and baste the potatoes with the milk. If the potatoes are sliced thin enough, the starch in them will thicken the milk and the result will be creamy and delicious, with all the milk stewed down so that no liquid remains. Add salt and pepper to taste. If part cream is used, the dish is even more delicious.

No. 3—(New Potatoes)

1 dozen small potatoes
2 tablespoons flour
1 cup milk
2 tablespoons fat
Salt Pepper
Paprika or parsley

Small new potatoes are delicious when served with a cream sauce. Scrape the potatoes until no speck of the skin remains, boil until tender and drain. Add salt just before cooking is completed.

Make a sauce of the fat, flour, milk and seasonings. Place potatoes in the serving-dish, pour the sauce over them, dust with a sprinkling of paprika or chopped parsley and serve at once. This makes a particularly nice dish for luncheon.

DELMONICO POTATOES

2 cups cooked potatoes, diced
2 cups medium white sauce
Salt and pepper
Buttered crumbs

Mix potatoes and sauce, add salt and pepper, and pour into a buttered baking dish; cover with crumbs and bake ten minutes in a hot oven (400° F.).

POTATOES AU GRATIN

Creamed potatoes No. 1
1 teaspoon minced parsley
1 cup buttered crumbs
2 to 4 tablespoons grated cheese

Follow directions for creamed potatoes No. 1 adding the parsley. Turn into greased baking-dish, sprinkle with cheese, cover with buttered crumbs and bake in a hot oven (400° F.) until crumbs are brown.

POTATO DROPS

2 cups mashed potatoes (without any milk)
2 eggs
Salt and pepper

Mix the mashed, seasoned potato and the beaten eggs. Drop the mixture from a spoon into the hot fat (375°-390° F.) and fry until a golden brown, (2-3 minutes) then drain on brown paper and serve with a garnish of parsley. If the spoon is dipped into boiling water after every using, each drop will retain the shape of the spoon.

POTATO O'BRIEN

6 medium-sized potatoes
Salt
Chopped pimientos
Onion-juice

Wash, pare and cut potatoes into half-inch dice. Dry between towels. Fry in hot fat (395° F.) until a delicate brown. Drain on soft paper, sprinkle with salt, then sauté them in just enough fat to keep them from burning, adding minced pimientos and a few drops of onion-juice. They should be tossed frequently during cooking, and not pressed close to the pan.

POTATOES PERSILLADE

12 small new potatoes or 6 medium-sized old potatoes
Butter
Juice of one-half lemon
½ cup minced parsley

These are dependent upon parsley, not only for their name but for their attractive appearance. Scrape new potatoes. Pare old potatoes and cut the size of a small egg or with a vegetable scoop cut them into balls. Boil until tender. Add salt just

before cooking is completed. Drain, place in a saucepan with sufficient butter to coat all the potatoes, add the lemon-juice and sprinkle with minced parsley. The potatoes should be well coated with parsley when served. These are excellent with boiled fish.

LYONNAISE POTATOES

2 cups boiled potatoes, diced
1 tablespoon minced onion
2 tablespoons fat
1 tablespoon chopped parsley

The potatoes should be rather underdone to produce the best results. Season with salt and pepper. Sauté the onion in fat until yellow, add the diced potato and stir with a fork until all sides are brown, being careful not to break the potatoes. Add more fat if necessary. When done, turn the potatoes out upon a hot dish, sprinkle parsley over the top, and serve hot.

SPANISH POTATOES

1 tablespoon minced onion
2 tablespoons chopped green pepper
2 tablespoons chopped pimiento
4 tablespoons oil or cooking fat
2 cups cold boiled potatoes, diced
½ cup cold cooked ham, chopped
1 teaspoon salt
½ teaspoon paprika

Sauté the onion, pepper and pimiento in the fat until light brown, add the diced potatoes, the chopped ham and seasonings and cook until thoroughly heated through.

MASHED POTATO BALLS

2 cups cold mashed potatoes
1 egg-yolk
Butter
Salt and pepper

Mix cold mashed potato with the beaten egg-yolk and shape the mixture into balls. Place the balls in a greased pan and make a depression on the top of each, put a bit of butter in each depression and brown in the oven (400°-450° F.).

PRINCESS POTATOES

2 cups cold mashed potatoes
1 egg
Melted fat

If the potato is cold and firm, cut into strips two inches long, one inch wide and one-half inch thick, otherwise shape into

flat cakes one-half inch thick. Dip the strips or cakes first into the melted fat and then into the egg, which has been slightly beaten, and lay them carefully on a greased pan. Cook in a hot oven (400°-450° F.) until brown.

BOILED SWEET POTATOES

Follow directions for boiled white potatoes (See Index).

BAKED SWEET POTATOES

Follow directions for baked white potatoes (See Index).

GLAZED OR CANDIED SWEET POTATOES

No. 1.

6 sweet potatoes
Salt and pepper
Butter
1 cup brown or maple sugar
¼ cup water

Boil the potatoes without paring them, and when tender drain and strip off the skins. Make a sirup by boiling together the sugar and water. Cut each potato in half or in thick slices, dip each piece into the sirup and lay it in a greased baking-dish. Season with salt and pepper and bits of butter. When all the potato is in the dish, pour over it any sirup that remains and bake in a quick oven (400°-450° F.) until the potatoes are brown. They will brown quickly.

No. 2—Use the same quantities as for No. 1. Pare the potatoes and boil until about half done. Drain, cut in lengthwise slices, and lay in a shallow greased pan. Spread generously with butter and pour over all the sirup. Bake in a moderate oven (350°-400° F.) basting frequently with the sirup until the potatoes are transparent. It may be necessary to add more sirup during the baking. An hour or more is usually required for these potatoes.

SWEET POTATO PUFF

2 cups mashed sweet potato
2 tablespoons fat
1 egg
Salt and pepper
¼ cup milk or cream

To the mashed sweet potatoes add the melted fat, seasonings and milk. Beat the egg-yolk and white separately, add the

yolk to the potato mixture, and then fold in the white. Put into a baking-dish or individual molds, set in a pan containing hot water and bake (375° F.) until puffy and brown.

SWEET POTATO WITH PINEAPPLE

6 small sweet potatoes
⅓ as much pineapple as potato
⅓ cup honey
¼ cup water

Boil the potatoes with the skins on. When cool, peel and cut them in pieces one-quarter of an inch thick. Mix honey and hot water. Just cover the bottom of a baking-dish with the mixture, add the sweet potatoes and sliced pineapple. Pour the remaining honey mixture over them and bake for ten minutes in the oven (400° F.).

CREOLE SWEET POTATOES

6 large sweet potatoes
Salt
Celery salt
White pepper
Grated nutmeg
1 cup rich brown stock
Few drops of caramel

Prepare potatoes by parboiling them for twenty minutes. Remove skins and cut potatoes in halves. Place the pieces in a shallow baking-pan, sprinkle with salt, celery salt, white pepper and grated nutmeg. Pour into the pan the stock, to which a few drops of caramel have been added, and bake in a quick oven (400°-450° F.) until tender and slightly browned. Baste frequently with the stock. These may be served as a border around planked fish.

MASHED SWEET POTATO CARAMEL

2 cups mashed sweet potato
Milk
Pepper and salt
½ cup maple sirup
¼ cup butter

Left-over sweet potatoes, either baked or boiled, may be used for this dish. Mash potatoes and add sufficient milk or cream to make a smooth, soft paste. Season with pepper and salt. Put into a well-greased casserole or baking-dish, suitable for serving at table, and pour in thick maple sirup which has been boiled with butter. Bake (400° F.) until the top begins to caramelize.

SWEET POTATO WAFFLES

4 tablespoons fat
1 tablespoon sugar
¾ cup flour
1 egg
1 cup milk
1 cup mashed sweet potato
2 teaspoons baking-powder
Salt
Cayenne
Nutmeg

Mix the fat and sugar to a cream, stir in the well-beaten egg-yolk, the potato, milk and seasonings, and beat well until smooth. Fold in the stiffly beaten egg-white. Bake in a heated waffle-iron until golden brown. Serve, dusted with sugar and cinnamon, as an accompaniment to roast duck or turkey.

CREAMED RADISHES

1½ cups large, strongly flavored radishes
2 tablespoons flour
1 cup milk
2 tablespoons fat
Salt and pepper

Wash, pare and slice the radishes. Boil until tender. Make a white sauce of the flour, fat, milk and seasonings. Combine radishes and sauce and serve. The flavor is not unlike spicy turnips and they make a pleasant novelty served with steak or chops.

BOILED RICE

1 cup rice — 3 quarts water or more — 1 tablespoon salt

Wash the rice; drop it into the salted boiling water; and boil rapidly, uncovered, for fifteen or twenty minutes, or until the kernels are soft when pressed between the thumb and finger. Place in a colander (saving the water for soup) and pour boiling water over the rice to remove the loose starch and separate the grains. Drain and place in the oven with the door open for a few minutes, to allow the cereal to dry out. The grains should be separate and distinct.

CURRY OF RICE

1 cup rice
2 tablespoons fat
1 teaspoon chopped onion
2½ cups boiling water
1 to 2 tablespoons curry-powder
2 teaspoons salt
¼ teaspoon pepper

Wash the rice well. Place fat and onion in a stew-pan and cook them until the onion is yellow, add the rice and stir the

whole over a hot fire for five minutes. Draw the pan out of the heat, season with the curry-powder, salt and pepper, stir well and pour in the boiling water. Cover the stew-pan and boil rapidly for ten minutes, then cook very slowly for forty minutes.

Curry of rice is appropriate with any kind of meat dish that has been prepared with a sauce.

RICE À LA CREOLE

1 onion
1 slice cooked ham
1 tablespoon fat
1 cup boiled rice
2 cups cooked tomatoes
Salt
Paprika
Bread-crumbs

Chop onion and ham very fine. Add fat, boiled rice, and tomatoes seasoned with salt and paprika. Mix thoroughly, put into a baking-dish, cover with bread-crumbs and bake (400° F.) for fifteen minutes.

CREAMED SALSIFY OR OYSTER PLANT

Wash and scrape the salsify, throwing it immediately into cold water to which a little vinegar or lemon-juice has been added, to prevent discoloration. Cut in inch slices and cook in boiling water until tender, adding salt just before cooking is completed. When tender, drain and combine with medium white sauce. Serve with tiny fried sausage balls.

FRIED SALSIFY

Follow directions for fried parsnips (See Index).

STEAMED OR BAKED SUMMER SQUASH

Cut the squash into pieces of medium size, and remove the seeds and the soft mesh surrounding them. Steam or bake until tender. Serve in the shell or scrape from shell, mash, and place, uncovered, for ten minutes in a good heat to dry, stirring frequently. Season with butter, salt and pepper.

FRIED SQUASH

2 white squash Egg and crumbs Salt and pepper

The white "button" squash, about four inches in diameter, are best when fried. Pare and cut the squash into thin slices,

dip in seasoned crumbs, then in beaten egg, then in more crumbs, and fry in deep fat (395° F.) from four to five minutes. When the slices are brown, drain on soft paper. Serve on a platter or other flat dish. Fried squash makes an excellent luncheon dish.

SQUASH IN THE SHELL

1 squash
3 tablespoons butter
Salt and pepper
Egg
Milk

Cut off the top of a small squash, remove the seeds and stringy portion, place in a pan and boil, steam or bake about two hours, until tender. Remove the pulp from the shell, being careful to keep the large shell intact. Mash the pulp and season it with salt, pepper and butter.

Return the mixture to the shell, smooth the surface to a dome shape, score with a knife, brush over with milk and beaten egg, add bits of butter and place in a quick oven (400° F.) for a few minutes to brown. Or leave the pulp in the squash, season well and fill center with ham à la king, chicken à la king, creamed salmon or sausage mixtures.

BOILED SPINACH

No. 1—American Style

2 pounds spinach
Salt and pepper
3 tablespoons butter

Remove roots and wilted leaves of the spinach. Wash in several waters, until all trace of sand has disappeared. Place in a large kettle without additional water; the water which clings to the leaves is sufficient. Cover the kettle and cook with low heat until the spinach is tender. The time of cooking depends on the age of the spinach. Long cooking darkens it. Salt the water just before cooking is completed. When done, drain, chop, season with salt, pepper and butter and one tablespoon lemon-juice, if desired.

Spinach Mold—

1 peck spinach, cooked and chopped
3 unbeaten eggs
¼ cup milk
¼ cup butter
1½ cups bread crumbs
¼ teaspoon pepper
1 teaspoon salt

Combine all ingredients, turn into a buttered ring mold and steam 2 hours. Unmold and garnish with hard-cooked eggs and carrots. Fill center of mold with mashed potatoes or creamed mushrooms.

CREAMED SPINACH

2 pounds spinach
1 tablespoon butter
2 hard-cooked egg-yolks
Salt and pepper
2 tablespoons cream

Cook spinach according to directions for boiled spinach No. 1, drain well, and chop fine. Return to fire, add butter, salt and pepper, and stir until the butter is melted, then add cream and chopped yolks and mix well.

SPINACH SOUFFLÉ

2 cups cooked spinach, fresh or canned
2 eggs

This is a satisfactory way to dispose of left-over cooked spinach. To the spinach add egg-yolks beaten, place in a granite saucepan, heat and stir over the fire until the egg sets, then remove from the heat and when cold add the beaten egg-whites. Fill individual baking-dishes one-half full of this mixture. Set the dishes in a pan of hot water and bake in a moderate oven (375° F.) from twenty to thirty minutes. Serve at once to prevent falling.

SPINACH IN EGGS

2 cups boiled spinach
6 eggs
Salt
Red pepper
Mustard
Butter
Vinegar

While the spinach is cooking, cook the eggs hard. Cut eggs in halves crosswise and remove the yolks. Cut a slice from the bottom of each cooked egg-white so that it will stand on a platter. Season the yolks with red pepper, mustard, butter and salt. Mix thoroughly with vinegar to taste. Fill the egg-cups with the spinach, mounding it high, and put the rest around the egg. Put the prepared yolks in a ricer and squeeze over all.

SUCCOTASH

2 cups green corn or 1 cup dried corn
2 cups fresh Lima, string or butter beans or 1 cup dried Lima beans
Salt and pepper
1 cup milk
4 tablespoons butter

If fresh vegetables are used, cut the corn from the cob. Cover the beans with the least possible amount of boiling water, to prevent scorching, and cook until tender. Drain off the water, add the corn and the milk and cook slowly until the corn is tender. Add the butter and other seasoning.

When dried corn and beans are used, soak both separately over night. In the morning, cover the beans with fresh water, and boil them very gently until tender. Do not drain the water from the corn, but reduce heat so it will cook slowly. When the beans are tender, drain and add them to the corn, allowing only water enough to cover. Cook slowly until tender and drain off water to save for soup. Add the milk and seasoning.

STEWED TOMATOES

6 tomatoes, fresh or canned
2 tablespoons butter
Salt and pepper
Crumbs or flour

Pour boiling water on fresh tomatoes, and after they have remained covered one minute drain them and plunge them into cold water. Slip off the skins, remove the hard stem ends, and cut the tomatoes in pieces. Stew them in their own juice in a graniteware or porcelain-lined kettle until tender, add butter, salt, and pepper. Bread-crumbs or cracker-crumbs, or a little flour blended with the butter, may be added for thickening.

FRIED TOMATOES

6 tomatoes
Crumbs
Salt and pepper

Select firm, ripe tomatoes, wash them and cut in half-inch slices without removing the skins. Season fine crumbs with salt and pepper, dip each slice of tomato in the crumbs, and sauté in hot fat. Serve hot.

BAKED TOMATOES

6 tomatoes
4 tablespoons fat
Salt and pepper
1 cup bread-crumbs
1 teaspoon sugar

Peel the tomatoes and cut them in slices one-fourth inch thick. Place a layer of tomatoes in a pudding-dish, and sprinkle over them a little salt and pepper. Rub the fat into the crumbs with the sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Add bits of butter or other fat, sprinkle with dry crumbs, and bake (350°-400° F.) twenty minutes.

BROILED TOMATOES

6 tomatoes
Salt and pepper
Melted butter

Choose firm, round tomatoes, cut them into slices, three-quarters inch thick, dust each slice with salt and pepper, place in a greased broiler and broil tender. Turn once carefully. Add melted butter and serve at once.

SCALLOPED TOMATOES

6 large fresh tomatoes or
1 quart cooked tomatoes, fresh or canned
Salt and pepper
Bread-crumbs
Butter or other fat
Grated cheese, if desired

Skin fresh tomatoes and cut them into slices. If using cooked tomatoes, drain off the juice, using only the pulp. Place a layer of tomato in a greased baking-dish, add a seasoning of salt and pepper then a thin layer of bread-crumbs. Cut the fat into tiny pieces and lay on the crumbs. Then add another layer of tomato and proceed until the materials are used, having crumbs for the top layer. Add bits of fat and bake for thirty minutes in a moderate oven (350°-400° F.). Serve in the baking-dish. Grated cheese may be added to each layer, or to the top one only.

STUFFED TOMATOES

No. 1.

6 tomatoes
1½ cups soft bread-crumbs
¼ teaspoon pepper
2 tablespoons fat
1 teaspoon salt

The tomatoes should be very firm, smooth, and of equal size. Cut a piece from the stem end of each tomato, and remove the centers without breaking the walls. Make a stuffing of the centers of the tomatoes, crumbs, seasonings, and melted fat and mix well. Sprinkle each tomato well with salt and pepper and fill with the stuffing, packing it in quite solidly.

Place a small piece of butter on the top of each, arrange the tomatoes in a baking-dish and bake in a moderate oven (350°-400° F.) until tender. Serve hot in the baking-dish.

No. 2—Indian Style.

6 tomatoes
3 tablespoons rice
1 tablespoon fat
1 slice bread
2 tablespoons milk
2 hard-cooked egg-yolks
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon garlic clove
1 teaspoon chopped celery
A little chopped parsley
Thyme
½ teaspoon curry-powder

Cut the tops from the tomatoes and remove the pulp. Wash the rice carefully, put it into a saucepan with one-half cup salted boiling water and the tomato pulp and cook until the rice is soft. Add the fat, the bread soaked in the milk, the mashed egg-yolk and seasonings. Stuff the tomato shells with this mixture, replace the tops and place in a baking-dish.

Bake in a moderate oven (350°-400° F.) until the tomatoes are soft (about twenty minutes). The curry-powder gives an unusual flavor to the tomatoes, but may be omitted.

MASHED TURNIPS

1 pound white or yellow turnips
3 tablespoons butter
Salt and pepper

Wash, pare and slice the turnips and cook in boiling water until soft, adding salt just before the cooking is completed. Drain and mash the turnips in the stew-pan and stand the pan,

uncovered, over a low fire for ten minutes to dry the turnips well, stirring them frequently. Add butter and pepper and more salt if needed.

TURNIPS IN CREAM

1 pound white or yellow turnips
2 cups milk
4 tablespoons flour
4 tablespoons fat
Salt and pepper

Pare the turnips, cut them in cubes; cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnip cubes and serve.

TURNIP SHELLS OR CUPS

Pare the turnip and remove the center, leaving a shell one-half inch in thickness. Cook shell in boiling water until tender. Just before cooking is completed, add the salt. Cook the center in the same way and use for stuffing cup or serve as mashed turnips.

The turnip cups may be used as cases for creamed or buttered peas, carrots, beets, or any suitable vegetable or meat.

VEGETABLE MARROW, FRIED

Wash and pare a vegetable marrow, and scoop out the inside. Cook in boiling water for about fifteen minutes, and then drain and slice in inch slices, or cut in pieces of any desired size. Roll in flour, dip in beaten egg which has been diluted with water, roll in fine crumbs and fry in deep fat (395° F.). After frying, drain the pieces on absorbent paper, sprinkle with salt and pepper and serve hot.

To Bake Vegetable Marrow, cut in half between the ends; peel each half, scoop out seeds and loose pulp. Fill each half with seasoned fresh Hamburg, diced onion and bread crumbs (beef loaf p. 246) or chopped leftover meats, chopped onion, green or red peppers and cooked rice. Fit halves together and truss with string or use skewers in opposite directions. Bake or simmer in deep pot or baking dish, covered with heavy seasoned tomato sauce, until marrow is transparent but not too well done. Serve by slicing through so each service is a complete circle.

SALADS

FRUITS, nuts, uncooked and cooked vegetables and some cooked meats, fish and fowl, served cold and dressed with condiments, oils and acids, are known as salads.

Utensils Needed for Salad Making

A chilled earthenware bowl is excellent for mixing salad ingredients. Two forks or a fork and a spoon are better to use in folding together the ingredients than a spoon alone, because they do not crush the materals so much as a single utensil.

A sharp-edged knife or vegetable cutter is necessary for slicing vegetables or fruits. Where fruit pulp is to be removed from the thin white membrane enclosing it, a thin narrow knife slightly curved at the tip is useful. A pair of shears can be used for many of the processes of salad making, such as shredding lettuce, clipping off wilted or discolored edges, etc.

Various fancy shapes for molding individual salads may be bought, or tea-cups or small bowls may be used as molds. Gelatin salads may be put into pans and cut in square or fancy shapes after they have hardened. The cube trays of mechanical refrigerators are excellent for molding gelatin.

Materials for Salads

VEGETABLES—Leaf vegetables, such as head lettuce, curly lettuce, endive, chicory, romaine, water cress, celery and cabbage, make very attractive salads served alone with a dressing or in combination with other materials.

Tomatoes, cucumbers, celery, cabbage and ground carrots are excellent uncooked materials for salad, as are also Bermuda or Spanish onions in thin wafer-like slices or young spring onions marinated in French dressing.

Many cooked vegetables, such as peas, carrots, beans, beets, cauliflower, spinach, asparagus and potatoes, are used in salad making, alone or in combination.

FRUITS—The fruits most commonly used in the preparation of salads are oranges, bananas, apples, cherries, grapefruit,

grapes, peaches, pears and pineapple. Watermelon or cantaloupe adds a delicious flavor to a fruit salad.

Dried Fruits—Dates, figs and raisins give variety to fruit salads.

Meats—Chicken always makes a delicious salad. Veal and pork may be combined with chicken and it is difficult to detect their use. They may be used alone in salads, also.

Crab, lobster, shrimp, oysters, salmon, tuna fish and sardines are most commonly used in fish salads. Any firm-fleshed cooked fish may be diced and combined with other materials.

Cheese—Cream cheese or cottage cheese, served in mounds on lettuce leaves, makes an attractive salad, with bar-le-duc or other jelly or jam as a garnish. It can also be mixed with green peppers or pimientoes, rolled in nuts, served with pineapple or molded in a loaf and sliced.

Eggs—The most common egg salad is the "deviled egg," or salad egg. Hard-cooked eggs can be cut in slices or quarters or fancy shapes and served on a bed of lettuce leaves with a dressing or used with other ingredients in a vegetable or fish salad.

Herbs—Such herbs as chervil, mint, parsley, peppergrass, sorrel and tarragon may be added to salad to give a pungent flavor.

Fennel (finochio) tops, or root and stem of anise flavor, dandelion, chard, escarole, celery cabbage or cooked zucchini are used both as body of the salad and as flavoring. Those who have a garden will find dill, nasturtium leaves and seeds, catnip and rose geranium leaves usable.

Important Points in Salad Making

Washing Ingredients—Wash salad greens and examine to insure the removal of all aphids. Then soak in cold water for half an hour to crisp, and dry on a towel or by shaking in a wire basket.

Chilling Ingredients—All ingredients, fruits, vegetables, and dressing, should be chilled (see directions on next page for keeping materials) before being folded together. The bowl used should be chilled; also the plates upon which the salad is served.

Frozen Salads—This name may seem misleading because pieces of fruit or vegetable in salads should never be actually frozen. Combined with whipped cream and mayonnaise, the

mixture is frozen like mousse, but it should not be frozen long enough to harden the fruit or vegetable. Salads made of vegetable or fruit pulp may be frozen. The freezing can be done by packing in ice and salt or by placing the mixture in the drawers of a mechanically cooled refrigerator.

Keeping Materials—Lettuce, most vegetables and many fruits may be kept for days by wrapping in a damp cloth or paper bag and placing on ice. In a mechanically cooled refrigerator, lettuce and other salad greens keep best if they are washed and placed in closely covered enamel or porcelain containers with a very little water.

Cutting Materials—Salad materials should be cut in uniform, well-defined pieces small enough so that they will not lose their shape in the folding process. If part of the celery to be used is tough, cut it in fine pieces and cut the tender parts in larger pieces. In this way the toughness will not be detected.

When both the dark and light meat of chicken are used, dice the dark in small cubes and the light in larger cubes. This gives a more pleasing appearance to the salad. If veal or pork is used to extend the chicken, dice it finer than the chicken and its presence will not be detected.

Marinating Salads—A marinade is used to give flavor to salad materials and is made by mixing oil, salt, and lemon-juice or vinegar (sometimes onion-juice). The vegetables, fish or meat may stand an hour or so in the marinade before using. When several vegetables are to be used, each one should be marinated separately. For serving, these vegetables may be combined, or placed on lettuce leaves in small individual mounds, as preferred.

Addition of Salad Dressing—The dressing should never be folded into the salad until time for serving, except in the case of a salad like potato salad, when it is preferable for the dressing to soak in.

Arrangement of Salad—The lettuce leaf should have the stem end cut off so that this ragged part does not hang over the edge of the plate. Care should be taken that the garnish is carefully placed.

Place the salad on the lettuce leaf carefully so that it will not fall apart and spread ungracefully over the plate. No part of the salad should extend beyond the edge of the plate.

Garnishes for Salads

Chives, mint, chervil, parsley and similar small greens may be minced and sprinkled over a green salad.

Strips of pimiento and green pepper, or a dash of paprika may be used to give life to a colorless salad.

A chapon is a small piece of bread rubbed with garlic. When placed in a salad-bowl it gives a delicious flavor to the salad.

The outside leaves of a head of lettuce may be used as garnish for a salad, reserving the heart for heart-of-lettuce salad.

MOLDED SALADS

Among the most decorative ways to serve jellied salad are the form mold and the ring mold. The latter lends itself to many additional touches since the center may be used for decorative vegetables, a pile of cut jelly of contrasting color or the bowl of salad dressing. Of exact size to fit, the bowl may be of glass, china or silver. Be sure the plate onto which the ring is unmolded is large enough for all the decoration planned. See page 344.

COLD MARINADE

- 3 tablespoons oil
- 6 tablespoons lemon-juice or vinegar
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon onion-juice

For fish, use three tablespoons vinegar and three tablespoons lemon-juice. Mix the ingredients thoroughly in the order given. The onion-juice may be omitted.

For hot marinade, see Index.

Vegetable Salads

ASPARAGUS SALAD

- 6 rings cut from green pepper or lemon
- 24 stalks cold boiled asparagus, fresh or canned
- Lettuce leaves
- French dressing
- ½ tablespoon tomato catchup

Cut rings about one-third inch wide. If lemon is used, remove the pulp, leaving only the peel. Slip four stalks of cold

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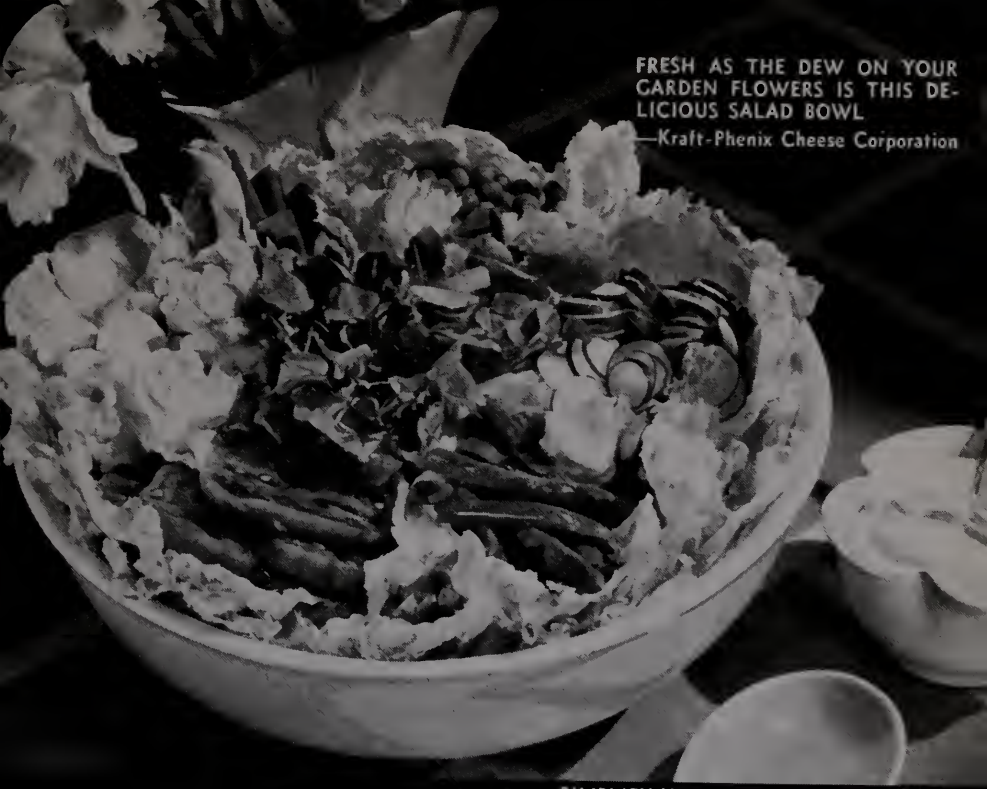

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asparagus through each ring and arrange on crisp lettuce leaves. Place each serving on a salad plate or arrange all attractively on a platter with serving spoon and fork. Serve with French dressing to which tomato catchup has been added.

CABBAGE SALADS AND ASPIC

Select a small firm head. Cut it in half and with a sharp knife or a slaw cutter slice it very thin. Cover with cold water and let stand one-half hour. Drain, wrap in a cloth and place on ice or in a cold place until ready to use. Combine with any salad dressing, or fold into one package of gelatin prepared according to directions, and mold.

Cole Slaw—No. 1—

½ head cabbage
6 eggs
½ cup sugar
1 teaspoon salt
1 teaspoon mustard
2 teaspoons melted butter
¼ cup vinegar

Cut the cabbage in several parts, and wash it well. Remove the core and any wilted or tough leaves and chop the remainder with a sharp knife. Cook the eggs hard, chop five of them, place the chopped cabbage in a salad bowl, add the chopped eggs, and toss and fold lightly together. Mix the sugar, salt, mustard, melted butter and vinegar and pour this liquid over the cabbage and eggs. Toss again lightly with a fork held in each hand, arrange in a dish, and garnish with the remaining egg cut in slices.

Cole Slaw—No. 2—

¼ cup vinegar
1½ teaspoons salt
¼ teaspoon pepper
1 tablespoon sugar
3 eggs
1 tablespoon butter or other fat
2 tablespoons cream
3 cups cabbage

Heat vinegar and seasonings (including the sugar and fat) to boiling, beat eggs and add hot vinegar mixture to them very slowly. Cook in double boiler until the mixture thickens and then add cream. Remove the dressing from the fire and pour it while hot over the cabbage. Garnish with rings of hard-cooked eggs and serve when cold.

CARDINAL SALAD

2 large beets
2 tablespoons vinegar
½ cup wax beans
½ cup peas
½ cup asparagus tips
Mayonnaise made with vinegar from beets
Lettuce
Radishes for a garnish

Boil beets until tender, slice, cover with vinegar and let stand until the following day. Drain off the vinegar and use it in making the mayonnaise. Arrange beans, peas, asparagus tips and mayonnaise in little rose-like nests of lettuce leaves, and garnish with radishes.

CARROT SALAD

1 cup grated raw carrot
1 cup chopped raw cabbage or celery, or cabbage and celery combined
1 tablespoon lemon-juice
½ teaspoon salt
Mayonnaise or boiled dressing
Lettuce leaves

Mix the ingredients well and serve on crisp lettuce leaves. The grated carrot may be served alone on lettuce or may be combined with cold boiled peas, with chopped nuts and apples, or with onions and radishes.

CAULIFLOWER AND SHRIMP SALAD

1 cauliflower
Mayonnaise dressing
Lettuce
Cooked shrimps

Cook the cauliflower in boiling water, drain, and put it, head down, into a bowl. When cold, place it, stem down, on a shallow dish and cover with mayonnaise. Garnish with lettuce arranged to resemble the leaves of the cauliflower, and add little clusters of shrimps.

CELERY SALAD

2 cups celery
½ cup mayonnaise
Strips of pimiento or green pepper and celery curls

After thoroughly washing the celery allow it to crisp in cold water. Then wipe it dry, cut it into inch lengths and these into lengthwise strips. Place them in a salad-bowl, and add sufficient mayonnaise dressing to moisten the whole. Garnish

with the pimiento or pepper and the celery curls. Serve at once. Celery salad admits of a wide range of additions, any cold meat, fish or fowl left from a previous meal being palatable served in it.

Celery Curls—These are made from the tender inner stalks. Cut in lengths of two or three inches and slit in narrow strips almost to the end. Place in water with plenty of ice. As the slit stalks chill, the ends curl.

CRESS SALAD

1 pint water cress 1 onion French dressing

Pick over the leaves of the cress carefully, removing all bruised or wilted ones, wash and drain, and with the fingers break the stems into two-inch lengths. Lay the cress in a salad bowl, chop the onion very fine, strew it over the cress, add French dressing and serve.

CRESS AND DANDELION SALAD

1 cup water cress
1 cup dandelion greens
6 thin slices raw onion
French dressing

The dandelion should be fresh and young. Wash the leaves carefully and drain well. Arrange them in a salad bowl with the cress. Add the slices of onion and pour the French dressing over all.

CRESS AND WALNUT SALAD

½ cup walnut meats
1 lemon
1 pint water cress
French dressing

Crack walnuts and remove their meats as nearly as possible in halves. Squeeze over them the juice of the lemon and let them stand for a short time. Pick over the water cress and wash it carefully. Drain it on a napkin and at the last moment drench it with French dressing. Spread the nuts over it and give them also a generous sprinkling of the dressing.

CUCUMBER SALAD

3 cucumbers Salt French dressing

Cut about an inch off the point of each cucumber, and pare carefully. Slice very thin, sprinkle with a little salt, and let stand ten minutes. Serve with French dressing.

CUCUMBER JELLY SALAD

1 pint grated cucumber
Salt and paprika
2 tablespoons vinegar
1 tablespoon oil
1 teaspoon gelatin
2 teaspoons cold water
6 halves of walnut-meats
Mayonnaise
Lettuce leaves

Peel cucumbers, removing most of the white as well as the green skin. Grate enough to give one pint and season with salt, paprika, vinegar and oil. Add gelatin mixed with cold water. Place over the fire until warm and well mixed. Do not boil. In the bottom of an individual mold put a half kernel of walnut, then pour in the cucumber mixture and when it has cooled, chill. When ready to serve, turn each mold on to a nest of young lettuce leaves, and add a spoonful of mayonnaise.

LETTUCE SALAD

Choose for this the crisp center of the lettuce. Wash it, dry it well, pull to pieces or cut it into four or six sections, and arrange it in a salad bowl. Pour over the center of the dish any dressing preferred. Mayonnaise is frequently used, and Russian dressing is used even more frequently, perhaps, but with a heavy dinner the French dressing is to be preferred to any other.

The following vegetables may be used instead of or with lettuce: endive, peppergrass, water cress, nasturtium leaves, spinach, chicory, sorrel, dandelion, escarole, and romaine.

LETTUCE AND ONION SALAD

2 lettuce hearts French dressing 1 Spanish onion

Strip off, and set aside for some other purpose, the green leaves of lettuce. Wash the hearts, pull them to pieces or cut into sections, and drop into ice-water to crisp them. Peel the Spanish onion and cut it into thin shavings. Shake the lettuce in a colander or wire basket to free it from water or dry on a towel. Fill the salad bowl with alternate layers of the lettuce and onion slices, sprinkling on each layer a little French dressing.

POTATO SALAD

No. 1.

1 quart potatoes
2 tablespoons chopped parsley
2 tablespoons grated onion
French dressing to moisten

Boil the potatoes with skins on and allow them to cool before peeling; as it is considered a good thing to have potatoes waxy rather than mealy for salad. Peel potatoes, cut into small pieces or thin slices, and mix with parsley, onion, and French dressing. Set in a cool place for two hours before serving.

No. 2.

1 quart new potatoes
1 tablespoon oil
2 tablespoons vinegar
1 onion
2 stalks celery
1 tablespoon capers
1 tablespoon chopped parsley
Salt and pepper
Thin mayonnaise or boiled dressing
Cut beets
Lettuce, lemon

Boil potatoes until done, but not too soft, slice them when cooled and add oil and vinegar. Chop onion and celery very fine, and add, with capers, parsley, and salt and pepper to taste. Pour a thin mayonnaise over all, mixing thoroughly with a wooden spoon and fork. Garnish with lettuce, a few pieces of lemon and cut beets.

POTATO AND PEA SALAD

2 cups boiled potatoes, diced
1 cup boiled peas
½ cup French dressing
Lettuce, mayonnaise

Pour two-thirds of the French dressing over the diced potatoes, and the other third over the cold peas, and set where they will be chilled. After an hour, combine them and arrange on lettuce leaves. Garnish with mayonnaise.

SPINACH SALAD

1 pint spinach
2 hard-cooked eggs
French dressing

Wash spinach carefully. Select only thick, tender leaves (save others and stems for cooking). If too large, tear to size. Shake off excess water. Chop whites and yolks of eggs separately and turn into bowl with leaves. Moisten with tart French dressing. Add any mild-flavored vegetable.

TOMATO AND LETTUCE SALAD

No. 1.

3 tomatoes Lettuce leaves 6 tablespoons French dressing

Scald the tomatoes, remove the skins and chill the tomatoes. Just before serving time, cut them in halves, crosswise, and place one piece, with the outside upward, on each serving-plate with one or two leaves of white, crisp lettuce underneath. Pour over each portion a tablespoon of French dressing.

No. 2.

3 tomatoes
Lettuce
⅓ to ½ cup French dressing
1 tablespoon capers

Select smooth tomatoes about two inches in diameter. Scald, peel and chill. Cut in quarters or in slices and arrange on a plate with lettuce leaves or sections of lettuce hearts. Add the capers to the dressing.

TOMATO AND CELERY SALAD

6 tomatoes
2 cups celery, diced
⅓ to ½ cup mayonnaise
Lettuce leaves

Select firm tomatoes of a good size, scald, peel and chill, cut a slice from the top of each, and scoop out all the seeds and soft pulp, being careful not to break the sides. Cut celery into small dice, mix it with mayonnaise dressing, fill the shells with mixture, place one teaspoon of the dressing on top of each tomato and serve individually on a bed of lettuce leaves, placing three or four small leaves on each plate and the tomato in the center.

TOMATO SURPRISE SALAD

6 tomatoes
¾ cup diced cucumber
½ cup diced, cooked chicken
¼ cup chopped nuts
¼ cup mayonnaise dressing
Lettuce
Parsley, cauliflower buds

Select medium-sized smooth tomatoes. Scald, peel and chill. Carefully scoop the inside out of the tomatoes. Remove the seeds from the pulp. Chill all ingredients, and when ready to serve, mix the chicken, cucumber, tomato pulp, and nuts with

the mayonnaise dressing. Add more salt if needed. Fill the tomatoes. Arrange on lettuce leaves. Garnish with mayonnaise and decorate each tomato top with parsley and cauliflower buds.

TOMATO JELLY SALAD

3 cups stewed tomatoes, fresh or canned
¼ cup chopped onion
½ cup chopped celery
1 bay-leaf 1 clove
¼ green pepper pod
1 teaspoon sugar
Salt
1 tablespoon gelatin
½ cup cold water
Lettuce
Mayonnaise

Cook tomatoes with seasonings. Soak gelatin in cold water, add to boiling tomatoes, strain and pour into cups about the size of a tomato. Make a nest of small green lettuce leaves for each mold when serving, and place one tablespoon of mayonnaise on top of each tomato as it is turned from the mold.

Tomato jelly is often molded in a square pan and cut in diamonds or cubes, when it makes an attractive garnish.

TOMATO ROSE SALAD

Firm tomatoes
Cream cheese
Milk
Hard-cooked egg yolk
Watercress or lettuce
French dressing

Peel tomatoes and chill them. Slightly soften cream cheese with milk. Form two rows of petals on each tomato by pressing level teaspoons of the softened cheese against the side of the tomato, then drawing the teaspoon down with a curving motion. Sprinkle center of each tomato with hard-cooked egg yolk pressed through a strainer. Serve on crisp watercress or lettuce with French dressing.

FROZEN FRUIT SALAD

1 pint cream
1½ cups cut up fruit (fresh, canned, or candied cherries, peaches, pineapple, etc.)
¾ cup mayonnaise
1 teaspoon powdered sugar
1 teaspoon instantaneous gelatin
2 tablespoons cold water
Lettuce

Soak the gelatin in the cold water, melt it over steam, and beat it into the mayonnaise. Add the sugar to the cream and

whip it, then combine with the mayonnaise. Stir in the cut-up fruit. Pack and freeze as directed in the preceding recipe. The mayonnaise may be omitted and served separately.

ALLIGATOR PEAR SALAD

2 alligator pears
Lettuce leaves
French dressing

The alligator pear, or avocado, is now available in all markets at very reasonable prices throughout the greater part of the year. Cut each pear into six pieces, giving wedge-shaped sections, and if these are too large, cut each section again lengthwise. Peel and arrange wedges on beds of lettuce leaves. Either French dressing or Russian dressing may be used, but the fruit is so rich that French dressing is preferred by most people.

APRICOT AND BANANA SALAD

2 cups lettuce leaves, shredded
1 cup sliced bananas
6 stewed apricots
Whipped cream or boiled dressing

On each plate arrange a bed of shredded lettuce, and on it place a layer of sliced ripe bananas, topped by the halves of an apricot. Serve with whipped cream or boiled dressing.

BANANA AND NUT SALAD

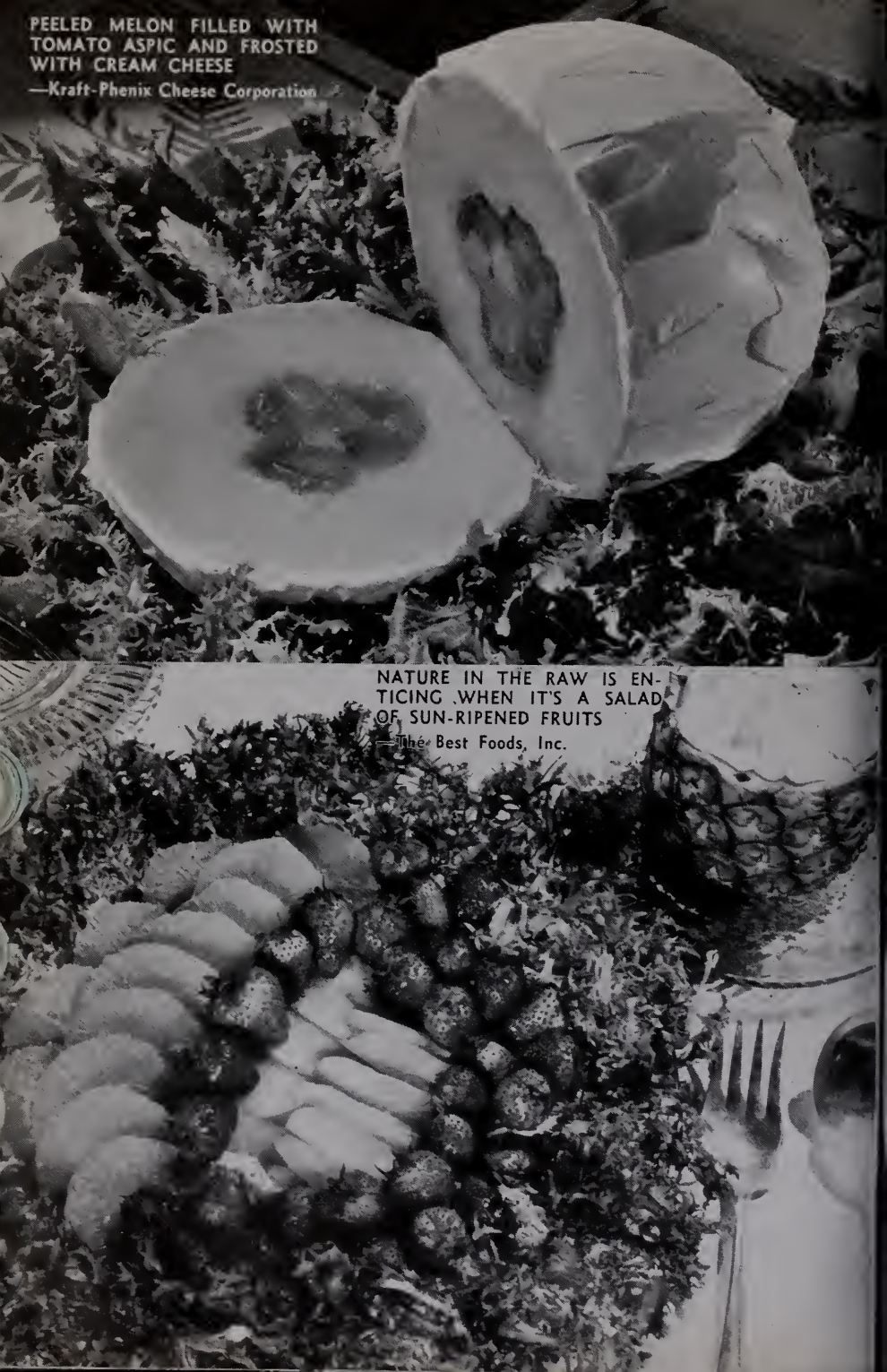
3 well ripened bananas
½ cup chopped nuts
6 leaves lettuce
½ cup mayonnaise or boiled dressing

Peel bananas and cut in two lengthwise. Roll each half in nut-meats. Place on lettuce leaf and garnish with dressing. Equal parts of dressing and whipped cream may be used.

COCONUT, CELERY AND APPLE SALAD

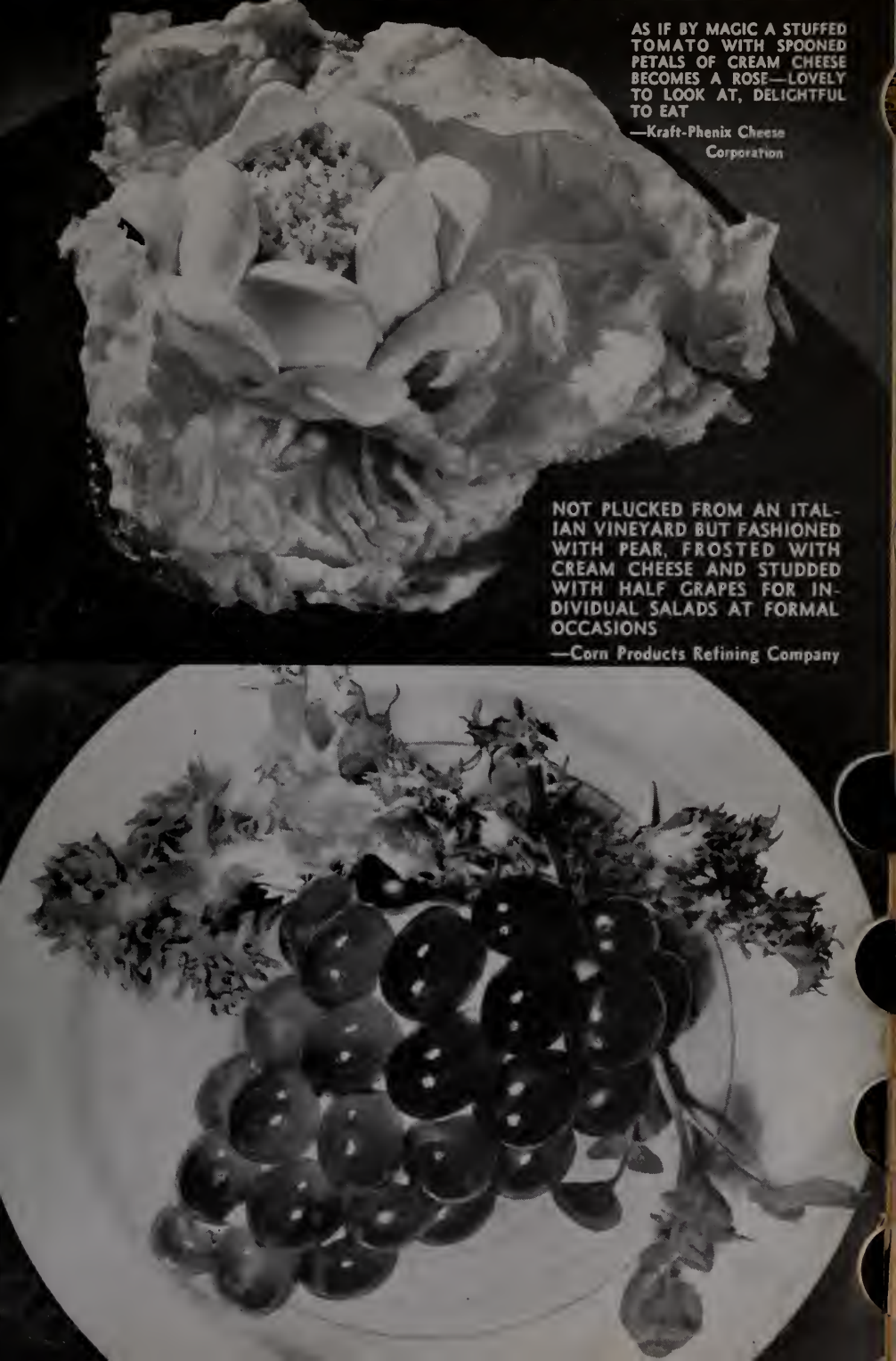
1½ cups mixed diced tart apples and celery
½ cup shredded coconut
1 tablespoon lemon-juice
4 tablespoons oil
4 tablespoons orange-juice
Salt
Paprika
Lettuce leaves
Currant or plum jelly

Mix the apples, celery, and coconut. Sprinkle with the lemon-juice. Add a French dressing made from the oil and



PEELED MELON FILLED WITH TOMATO ASPIC AND FROSTED WITH CREAM CHEESE
—Kraft-Phenix Cheese Corporation

NATURE IN THE RAW IS ENTICING WHEN IT'S A SALAD OF SUN-RIPENED FRUITS
—The Best Foods, Inc.



AS IF BY MAGIC A STUFFED TOMATO WITH SPOONED PETALS OF CREAM CHEESE BECOMES A ROSE—LOVELY TO LOOK AT, DELIGHTFUL TO EAT

—Kraft-Phenix Cheese Corporation

NOT PLUCKED FROM AN ITALIAN VINEYARD BUT FASHIONED WITH PEAR, FROSTED WITH CREAM CHEESE AND STUDDED WITH HALF GRAPES FOR INDIVIDUAL SALADS AT FORMAL OCCASIONS

—Corn Products Refining Company

orange-juice, with salt and paprika to taste. Line a salad-bowl with lettuce leaves and pile chilled salad in center. Dot with currant or plum jelly.

FRENCH FRUIT SALAD

1 orange
1 banana
½ pound Malaga grapes
1 dozen walnuts
Lettuce
French dressing

Peel the oranges and cut the sections from the membrane with a sharp knife or a pair of shears. If the fruit is allowed to stand in cold water after peeling, the bitter white membrane will come off easily.

Peel the bananas and cut in quarter-inch slices. Remove the skins and seeds from the grapes. Break in small pieces, but do not chop, the walnut-meats. Mix these ingredients thoroughly and place on ice. When ready to serve, place on lettuce leaves and serve with French dressing.

GRAPEFRUIT SALAD

Peel grapefruit and free the sections from all membrane and seeds. Cut sections in half, crosswise; lay on bed of lettuce leaves and serve with French dressing. Sprinkle with tarragon leaves or with mint if desired.

GRAPEFRUIT AND GRAPE SALAD

2 cups grapefruit sections
2 tablespoons grape-juice
2 tablespoons French dressing
½ cup Malaga grapes, peeled and seeded

Peel fine large grapefruit and separate the sections, removing every particle of the bitter white inner skin. Peel and seed the grapes and mix with the grapefruit. Set, covered, in the refrigerator until very cold. Pour over them the grape-juice and French dressing.

WHITE GRAPE SALAD

1 pound Malaga grapes Lettuce French dressing or mayonnaise

Peel grapes and remove the seeds by cutting the grapes almost in two, with a thin sharp knife. Arrange on lettuce leaves and serve with French dressing or mayonnaise.

COLOR PLATE ON OPPOSITE PAGE
COURTESY THE CARNATION MILK COMPANY

ORANGE SALAD

Peel oranges and free the sections entirely from the membrane. Remove seeds, cut sections in halves crosswise, lay on bed of lettuce leaves, and serve with French dressing. Sprinkle with tarragon or with minced green pepper, if desired. Minced celery may be added.

PEAR SALAD

No. 1.

3 pears
Lettuce leaves
French dressing
Strips of pimiento

After paring the fruit, cut in eighths lengthwise and remove seeds. Arrange on lettuce leaves and serve with French dressing made from oil and lemon-juice. Garnish with strips of pimiento. The dressing will prevent discoloration if it is poured over the pears at once.

No. 2.

6 pears
6 stalks celery
Mayonnaise
Salt and pepper
½ cup broken walnut-meats and stoned olives, chopped
Lettuce leaves

Select well-formed pears and cut off a bit of the broad end so that the pear will stand steadily on the plate. With a potato-ball cutter remove the center, leaving enough of the pear to make a thick cup. Cut the celery into dice, add broken walnut-meats and chopped olives and mix all together with mayonnaise, adding a pinch of salt and pepper. Fill the pear cups and serve on lettuce leaves.

PEAR AND CHERRY SALAD

6 halves of stewed pears, fresh or canned
Lettuce leaves
36 white cherries
Boiled dressing or mayonnaise

Place the half pears on crisp lettuce leaves. Stone the cherries and arrange them around the pears. Serve with preferred dressing.

PINEAPPLE AND NUT SALAD IN TOMATO BASKETS

1 cup crushed pineapple
1 cup broken nut-meats
French dressing
6 tomatoes
Mayonnaise
Salt

Mix pineapple with nut-meats and stand in French dressing in the refrigerator. Peel and cut off the top of each tomato leaving a strip to form a handle. Carefully scoop out the center and fill with the pineapple and nuts. Place one teaspoon of mayonnaise on top of each basket.

PINEAPPLE AND CREAM CHEESE SALAD

6 slices canned pineapple
1 cup cream cheese
Purple grape-juice
French dressing
Lettuce leaves

Work enough grape-juice into the cream cheese to soften it so that it can be made into balls with the hands or with butter paddles. Place a slice of pineapple on a lettuce leaf, put a cheese ball on top and pour grape-juice and French dressing over all.

TROPICAL SALAD

1 cup cantaloup balls
6 slices tomatoes
Garnish of red pepper
Any desired dressing
Lettuce leaves

With a vegetable cutter, cut small balls from a cantaloup that is fairly firm in texture. Arrange several balls on a slice of tomato which has been placed on a nest of lettuce leaves. Garnish with pieces of red pepper or green pepper cut in diamond shapes. Serve with any desired dressing.

WALDORF SALAD

1 cup diced apple
1 cup diced celery
½ cup broken walnut-meats
French dressing
Lettuce leaves
Mayonnaise

Fold together the apple, celery, and nuts with French dressing and serve on lettuce leaves with mayonnaise. Do not allow

this to stand long before serving, as the nuts will discolor the fruit.

WASHINGTON SALAD

¾ cup chopped celery
¾ cup bottoms of artichokes, chopped
¾ cup canned cherries
¾ cup diced grapefruit pulp
Cheese straws

Pile cheese straws in log-cabin style, on a large plate, leaving a center space sufficient to hold the salad. Mix celery, artichokes, cherries and grapefruit pulp with French dressing and decorate with a large spoon of mayonnaise. Serve two cheese straws with each portion of salad.

FROZEN CHEESE SALAD

½ pound cream cheese
1 green pepper, chopped
1 cup crushed pineapple
½ cup mayonnaise
½ cup cream, whipped
2 to 4 teaspoons salt, celery salt, mustard, paprika, mixed according to taste

Soften the cheese. Add pepper, mayonnaise, pineapple and seasonings and fold in with whipped cream. Freeze.

CREAM CHEESE SALAD

1½ cups cream cheese or cottage cheese
Lettuce leaves
French dressing

Arrange crisp lettuce leaves on a salad-dish and press cream cheese through a potato-ricer upon them. The cheese must be thoroughly chilled before making a salad, and it should be served immediately. Use French dressing and pass bar-le-duc or guava jelly or any preferred fruit jam or jelly with it.

COMBINATION CREAM CHEESE BALL SALAD

¾ cup cream cheese
¾ cup chopped celery
2 tablespoons chopped olives
Lettuce leaves
¼ cup chopped nut-meats or chopped parsley
French dressing

Mix cream cheese with chopped celery and olives and form into balls about the size of a large hickory nut. Roll each

ball in chopped nut-meats or chopped parsley. Arrange on lettuce leaves and serve with French dressing.

Pear-Grape Salad—Frost the curved surface of one-half pear with cream cheese, stud with one-half grapes and garnish with chicory and watercress, or other attractive greens.

LETTUCE AND CHEESE SALAD

No. 1.

1 cup hard cheese
Milk or cream
Pepper and salt
6 chopped olives
½ cup shredded lettuce
½ cup pimiento strips
Lettuce leaves
Boiled or mayonnaise dressing

Put the cheese through a food-grinder and moisten slightly with milk or cream. Add pepper and salt to taste. Add chopped olives, shredded lettuce and pimiento strips. Press this mixture into the form of a brick and, when cool and firm, cut in slices. Place on lettuce leaves and serve with boiled or mayonnaise dressing.

FROSTED MELON MOLD

Melon
Fruit gelatin
Cream cheese
Milk
Curly endive or chicory
French or mayonnaise dressing

Peel a whole melon. Cut a slice from end and remove seeds. Fill center with fruit gelatin and refrigerate until gelatin is firm. Slightly soften cheese with milk and frost the entire outside of melon. Serve in slices on crisp chicory, with dressing.

EGG AND PEANUT SALAD WITH CELERY

6 hard-cooked eggs
¼ to ½ cup chopped peanuts or peanut butter
Mayonnaise
Celery curls
Garnish of peanut halves

Cut the eggs in half lengthwise, remove the yolks and combine with chopped peanuts or peanut butter and mayonnaise to moisten. Fill the whites with this mixture. Put two halves of egg on a plate, surround with curls of celery. Put two tablespoons of mayonnaise dressing over each egg and garnish with peanut halves. Lay a halved peanut on each celery curl.

SALAD EGGS

6 hard-cooked eggs
1 tablespoon butter
1 tablespoon cream
½ teaspoon mustard
Pinch cayenne
1 teaspoon salt
1 tablespoon anchovy paste
Lettuce or cress
Garnish of radishes and small onions

Remove the shells from the cold, hard-cooked eggs and cut a large piece from the top of each, take out the yolks and mix them to form a paste with butter, cream, mustard, cayenne, salt and anchovy paste. Put this mixture back into the hollows and lay the eggs on a dish of lettuce or cress. Garnish with radishes and small onions.

DAISY SALAD

6 hard-cooked eggs
12 lettuce leaves
½ cup mayonnaise

Cut the whites of eggs into rings and mix the yolks with the mayonnaise. On a platter arrange lettuce leaves to form cups. On these cups arrange the egg rings to simulate daisy petals and heap the yolks in the center. Cold string beans, boiled whole, may be used to simulate foliage if desired.

MISCELLANEOUS COMBINATIONS FOR FRUIT AND VEGETABLE SALADS

1. Avocado, grapefruit, romaine
2. Avocado, orange and cress
3. Avocado, peeled white grapes and chicory
4. Avocado, tangerine, pecans and lettuce
5. Avocado, tart apple and romaine
6. Chicory, escarole and grapefruit
7. Chicory, shredded cabbage and lettuce
8. Escarole, Chinese cabbage and cress
9. Chinese cabbage, tomato slice, radish, olive, in a pagoda
10. Endive, carrot sticks and grapefruit
11. Shredded carrot, Chinese cabbage and romaine
12. Orange, Bermuda onion and romaine
13. Tomato, cucumber, celery and onion
14. Potato diced, celery, cucumber, green pepper and pimiento
15. Green peas, peanuts, mint leaves and lettuce
16. Dandelion, escarole, pimiento and onion

Meat and Fish Salads

CHICKEN SALAD

2 cups diced chicken
1 cup diced celery
Mayonnaise
Lettuce

Garnish of celery tops, beets cut into dice, capers, egg-yolks, etc.

Left-over chicken makes a very good salad. To prepare a chicken especially for salad, rub well with salt and pepper, place one small onion and one bay-leaf inside, wrap with a napkin, tie securely and steam for three hours, or until a fork can be easily turned around in the meat. When the chicken is cold, cut the meat into pieces of convenient size for eating. The most carefully made salads contain only white meat, but the dark meat has a juiciness and flavor not possessed by the breast. If dark meat is used, cut it into smaller cubes than the white meat and the white will predominate in appearance. Marinate the cut up chicken and let it stand. Make a mayonnaise dressing, stir part of it into the celery, place the celery on a thin layer of lettuce or arrange it directly upon the salad-dish and garnish the edge with the tips of the celery. Heap the chicken mixture in the center, pour over it the remainder of the mayonnaise, and garnish with white celery tops, boiled beets cut in dice, capers, cold hard-cooked egg-yolks that have been pressed through a colander, or any other garnish that pleases the fancy.

CRAB SALAD

1 cup crab-meat, fresh or canned
French dressing
Mayonnaise

Garnish of crab claws, hard-cooked eggs, parsley, celery tops, etc.

If fresh crabs are used, prepare as directed. (See Index.) Cut up an amount of celery equal to crab-meat. Marinate with French dressing. Place the mixture in the salad-bowl, pour over the top a mayonnaise dressing and garnish with crab claws and hard-cooked eggs in alternation with bits of green, such as parsley, and the leaves of the celery.

Canned crabs make very good salad. If there is any oil in the can, drain it off; sprinkle the crabs well with salt and vinegar, and drain again before adding the dressing.

FISH SALAD

1 pound flaked, cooked fish
2 tablespoons oil
1 tablespoon vinegar
1 cup chopped celery
Lettuce
Mayonnaise

The remains of almost any cold fish may be used in salad very satisfactorily, but the salad is more successful when made of fish that will flake nicely, such as salmon, cod, haddock, or halibut. Remove the bones, pick the fish into flakes, turn over it oil mixed with vinegar and set away in a cold place. When about to serve, chop celery and add to the fish. Arrange crisp white leaves of lettuce in cup shapes on a platter, using one or two leaves for each, then lay one spoonful of the mixture in each cup and pour over it one spoonful of mayonnaise.

LOBSTER SALAD

1½ cups diced lobster meat
½ cup diced celery
Vinegar
Mayonnaise
Lettuce

Prepare lobster as directed (see Index). Remove the meat and the coral. Cut the meat into pieces of convenient size for eating. Sprinkle a very little vinegar over the lobster, but keep the celery crisp until it is time to make the salad. Then mix the lobster meat and celery together, stir in enough mayonnaise to moisten and flavor the whole. Arrange the salad on the center of a bed of crisp white lettuce bordered with green lettuce leaves laid under the outer edges. Pour on the remainder of the mayonnaise and sprinkle over it the coral, well pounded, and, if liked, a few capers. Garnish with the claws. Sometimes lettuce leaves are arranged on a platter in cup-like clusters of two or three each, and the salad is divided equally among the clusters. The salad may be served in the cleaned lobster shells.

OYSTER SALAD

1 quart oysters
1 tablespoon oil
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons vinegar
1 tablespoon lemon-juice
1 pint celery
½ cup mayonnaise

Clean the oysters (see Index) and place them in a stew-pan on the fire, adding no water. When they are boiling, drain

them in a colander; place them in an earthenware dish, and add the oil, salt, pepper, vinegar and lemon-juice. When cold, set in the refrigerator for at least two hours. Cut the white part of the celery into very thin slices, and place it in a bowl in the refrigerator. When ready to serve, drain the celery, mix with the oysters and half of the mayonnaise. Turn the whole into a salad-bowl, and pour over it the rest of the dressing. Garnish with white celery leaves and serve at once.

If preferred, lettuce leaves may be arranged on a large platter in groups of two or three to form cups and in each cup may be dropped four or five oysters with one spoonful of mayonnaise poured over them. A tiny spray of parsley may be thrust into the sauce at the center of each cup.

SALMON SALAD

1 cup cold boiled salmon, fresh or canned
Mayonnaise
1 cup shredded cabbage or chopped celery
Lettuce leaves

Combine salmon, broken in flakes, and shredded cabbage or celery. Serve with mayonnaise on lettuce leaves.

SARDINE SALAD

¾ cup sardines
¾ cup hard-cooked egg
1 cucumber
Lettuce leaves
Mayonnaise or French dressing

Remove the skin and bones from sardines and mix with chopped hard-cooked eggs. Cut cucumber in thin slices and arrange on lettuce leaves. Add sardine and egg mixture. Serve with mayonnaise or French dressing.

SHRIMP SALAD

1 pint cooked shrimps or prawns
Marinade
Lettuce, shredded celery, or shaved cabbage
Maynonaise or other dressing

Marinate the shrimps and serve whole on lettuce, shredded celery, or shaved cabbage, and cover well with a mayonnaise or other dressing. Canned shrimps are excellent for salads.

SPINACH AND HAM SALAD

2 cups cooked spinach
6 slices cold boiled ham
Any desired dressing
Lettuce leaves

Drain the spinach and season with salt, pepper, and either vinegar or lemon-juice. Pack tightly in twelve small molds to cool. Place slices of cold boiled ham on young lettuce leaves and place two molds of spinach on opposite sides of each slice of ham. Serve with my salad dressing desired.

SWEETBREAD SALAD

1 pair sweetbreads
1 tablespoon vinegar
½ tablespoon oil
½ teaspoon salt
⅛ teaspoon pepper
6 heart leaves lettuce
1 cup celery, thinly sliced
1 cup mayonnaise

Prepare sweetbreads (see Index); cut in cubes, add oil, vinegar, salt and pepper, and place in the refrigerator for one hour. Prepare the lettuce and celery, and put them also in the refrigerator. Just before serving time, fold the celery and sweetbreads together and add half the dressing. Arrange the lettuce leaves on a flat dish, divide the sweetbread mixture into six parts, and place one part on each leaf. Put the remainder of the dressing upon the salad and serve at once.

TUNAFISH SALAD

Follow directions given for fish salad, on page 443.

ESCAROLE BOWL—CHICKEN LIVER DRESSING

Wash a head of chicory and a head of escarole, pick over carefully, soak in cold water and dry thoroughly. Make the following dressing: Wash two chicken livers and boil until tender with a carrot, an onion, a piece of celery and a bunch of parsley. Add the bouillon to your soup stock. Rub the livers and yolks of 2 hard-cooked eggs through a sieve. Add 1½ teaspoons French mustard, pepper, salt and mix to a paste. Add 2 tablespoons olive oil, drop by drop, a teaspoon red wine vinegar and a tablespoon red wine. Pour this over the greens and toss well. Serve cold.

SALAD DRESSINGS

THERE are three kinds of salad dressings which are the foundation for practically all others used: French dressing, mayonnaise dressing and boiled dressing.

French Dressing

French dressing, made from oil and acid, is the most widely used dressing. Vinegar is the acid generally used with the oil in vegetable and meat salads, while in fruit salads the juice of lemons, grapefruit or oranges is used.

Epicures prefer the simple French dressing for salads served without fish or fowl; and for chicken and fish salads and for some kinds of vegetables, such as tomatoes, and cauliflower, they use mayonnaise.

The choice of oils to be used in dressing is an individual matter. Olive oil has the most distinct flavor. With cottonseed or corn oil the amount of condiments used may be slightly increased if desired.

FRENCH DRESSING

1 teaspoon salt
½ teaspoon paprika
7 tablespoons oil
1 tablespoon lemon juice
2 tablespoons vinegar
1 teaspoon mustard

Place all ingredients in bowl, and with beater or fork beat until thoroughly mixed. This makes a basic simple French dressing.

IF FRENCH DRESSING IS MADE BEFORE THE MEAL, the addition of a small amount of egg-white beaten with the dressing will make the emulsion more permanent.

IF THE FRENCH DRESSING IS MADE AT TABLE, a small china or glass tray, set with oil and vinegar cruets, salt-cellar, peppercorn grinder, paprika-shaker, a bottle of Worcestershire sauce and a bottle of pearl onions, is passed to the person who serves the salad. Small silver stands for holding these ingredients are to be found in the shops.

In dressing a salad at the table, there are several ways of combining the ingredients:

1. Mix the oil and seasonings in a small bowl, stir in the vinegar, and pour the dressing over the salad materials. Toss them lightly for a few seconds and serve.
2. Hold a large spoon over the salad-bowl, put into it the salt and pepper, fill with oil, mix with a fork and pour upon the salad, distributing well. Add the remainder of the oil, a spoonful at a time, tossing the salad lightly. Add the vinegar, toss again, and serve.
3. Place all ingredients in a cruet and shake vigorously, then pour over the salad.

VARIATIONS FOR FRENCH DRESSING

French dressing may be varied in almost unlimited ways to suit individual tastes by the addition of other ingredients. The French always rub the bowl in which the dressing is made with a clove of garlic. Other suggested additions are grated cheese, bits of parsley, catchup, horseradish, green peppers, garlic, onion, tarragon leaves, mustard and vinegars of distinctive flavors, such as tarragon vinegar.

Tarragon vinegar may be bought ready prepared or may be made at home. Gather the tarragon leaves before the plant blooms, and use either fresh or dried. Bruise the leaves, steep in hot white wine vinegar for half an hour, then strain. When cool, combine with twice the amount of oil, season to taste and shake in a bottle. Use for lettuce or other salads and as a marinade for cold chopped meats to be used in salads. If the tarragon is left in the vinegar for several weeks, a bitter flavor is secured.

Mayonnaise Dressing

The other oil dressing is known as mayonnaise. It is made from oil, acid and seasonings with the addition of egg. In a way, this is the true French dressing, because it was the people of France who first added egg to oil dressing. If one does not care to make it at home, excellent brands may be purchased.

A round-bottomed bowl is best to use if the mayonnaise is to be made with a rotary egg-beater, a silver-blade beater or a French whip. There are patent mayonnaise makers which are good and a small electric beater makes an excellent instrument. All utensils and all materials should be cold when used.

MAYONNAISE DRESSING

No. 1.

2 raw egg-yolks
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
⅛ teaspoon mustard
3 tablespoons vinegar or lemon-juice
2 cups salad oil

To the yolks add dry seasonings, beat thoroughly, add the vinegar, or lemon-juice, and beat again. Add the oil gradually (drop by drop at first). The mixture should be thick and creamy. Should the mayonnaise curdle, begin with a third egg-yolk, add a small quantity of oil to the egg, and then by very small quantities, add the curdled dressing. At times a dressing may be quite firm when left, only to be found curdled and disappointing when the time comes to use it. This third-egg process will, however, usually restore it. Equal proportions of vinegar and lemon-juice may be used. Tarragon vinegar is sometimes used instead of the ordinary kind.

No. 2.

1 egg-yolk, hard cooked
1 egg-yolk, raw
½ teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon made mustard
¼ teaspoon Worcestershire sauce
1 cup oil
3 tablespoons vinegar or lemon-juice

Place the hard-cooked egg-yolk in a bowl, and mash it fine with the back of a silver spoon or with a wooden salad-masher. When the yolk is like powder, add the raw yolk and stir until the mixture is smooth, then put in the sugar, salt, pepper, mustard and sauce. When the whole is well mixed, add the oil by degrees, stirring continually, and thin as necessary with vinegar or lemon-juice. Chill for one hour before using.

VARIATIONS FOR MAYONNAISE DRESSING

No. 1—Mayonnaise dressing takes on a new flavor if chopped pickles, olives, mangoes, pimiento or celery are added.

No. 2—Mayonnaise may be extended by adding a corn-starch paste to it. This paste may be made in the proportion of two tablespoons of corn-starch to one cup of water. It must be

smooth, transparent and well-cooked, so that the corn-starch taste is destroyed. If this paste is used, the mayonnaise needs to be seasoned more highly.

No. 3—When the dressing is to be used within twenty-four hours, add one-third cup of cream, beaten stiff, to either mayonnaise. Cream mayonnaise is always thinner than the original dressing.

No. 4—Mayonnaise may be colored green in the following manner: Boil two cups of spinach until tender, drain it, let it cool and squeeze dry. Mash it thoroughly by pounding, adding one spoonful of the mayonnaise, pass the whole through a fine sieve and mix with the dressing. A lighter shade may be obtained by boiling and mashing green peas and using them in the same way. A simpler way is to use a very little green vegetable coloring paste.

To produce a red tint for a lobster or fish salad, pound the coral of a lobster, pass it through a fine sieve, and add it to the dressing. Red mayonnaise may be made, also, by using vinegar that has stood on sliced boiled beets or by using red vegetable coloring paste.

RUSSIAN DRESSING

- 1½ tablespoons lemon-juice
- 2 tablespoons thick chili sauce
- 1 tablespoon Worcestershire sauce
- ½ cup mayonnaise

Mix the lemon-juice, chili sauce and Worcestershire thoroughly and add the mayonnaise.

THOUSAND ISLAND DRESSING

- 1 cup mayonnaise
- 4 tablespoons chili sauce
- 1 tablespoon chives
- 3 tablespoons catchup
- 1 teaspoon tarragon vinegar
- 1 tablespoon chopped green pepper
- 3 tablespoons chopped red pepper
- 1 teaspoon paprika

Add chili sauce, chives, catchup, peppers, paprika and vinegar to mayonnaise.

BOILED DRESSING

No. 1.

½ cup vinegar
1 teaspoon fat
3 egg-yolks
1 tablespoon sugar
½ teaspoon mustard
⅛ teaspoon salt
1/16 teaspoon cayenne
Whipped cream, sweet or sour

Heat the vinegar to the boiling-point and melt the fat in the vinegar. Beat the egg-yolks until thick and lemon-colored. Add the sugar, mustard, salt and cayenne, mixed. Gradually pour the hot vinegar on the yolk mixture, and cook in a double boiler until thick, stirring constantly. Add whipped cream just before serving.

CREAMY EGGLESS MAYONNAISE

1½ tablespoons sugar
½ teaspoon paprika
½ teaspoon salt
Few grains white pepper
½ teaspoon dry mustard
½ cup evaporated milk, undiluted
2 tablespoons vinegar
¼ to 1½ cups salad oil

Mix dry ingredients with milk; beat in vinegar, add oil gradually, beating thoroughly. Since the mixture thickens somewhat when chilled, it may be desirable to thin it with undiluted evaporated milk before using, or less oil can be used if a thinner mixture is desired. Makes 1 pint.

SOUR CREAM SALAD DRESSING

1 teaspoon salt
1 teaspoon sugar
⅛ teaspoon cayenne
1 tablespoon lemon-juice
2 tablespoons vinegar
1 cup sour cream

This makes an excellent dressing for vegetable salads. Place the salt, sugar, and pepper together in a bowl, mix well and add the lemon-juice, then the vinegar. When the mixture is perfectly smooth, put in the cream, stir well and set on the ice until needed.

DRESSING FOR MEAT SALADS

Tartar, Hollandaise and Vinaigrette sauces (see Index for recipes) may be used with meat salads if desired.

CAKES

CAKES are of two general types depending upon the basic ingredients they contain. In one group are the cakes made with fat—the various butter cakes, pound cakes, and fruit cakes; and in the other group are those that are made without fat—sponge and angel cakes. Either kind of cake may be baked in many different forms—oblong or round loaves, sheets, layers, or individual cakes of various shapes, depending somewhat upon the kind of cake but also upon the way they are to be served. The butter cakes are most frequently baked in layers, pound cakes in round or oblong loaves, and sponge and angel cakes, in sheets or in the tube pans which give round loaves with a hole in the center.

Materials Used in Cake Making

SUGAR—Fine grained granulated sugar is the standard sugar for cake. A coarse grained sugar may produce a coarse grained cake with a hard crust. Light brown or dark brown sugar is preferred by most people for fruit cake or any dark cake. Brown sugar is lighter and more moist than granulated and when it is used instead of granulated sugar the substitution should be weight for weight, not measure for measure.

SHORTENING—Any fat that has a mild flavor may be used for the shortening in cake. Butter is the first choice with many cooks because of its flavor, but it is the most expensive of fats. Tasteless vegetable or animal oils or hardened fats produce perfect results, aside from the flavor. Since these fats are unsalted the amount of salt should be increased by one-half.

Hard fats should be creamed with the sugar. If they are melted and added while hot, the cake is likely to be tough. If melted fat is called for, it should be cooled before it is added.

EGGS—Eggs for cake need not be newly laid, but they should be of good quality, free from taint and fresh enough to beat up well. Two yolks or two whites may be used instead of one whole egg, or a yolk may be substituted for a white or the other way around. The substitution of yolks for whites or vice versa makes a difference in the color and to some extent in the tex-

ture of the cake. In recipes calling for egg-whites alone or for more whites than yolks, the number of whites cannot be lessened without changing the texture of the cake. If an egg-white is used instead of a yolk, one teaspoon of shortening should be added. When fewer whole eggs are to be used than a recipe calls for, add one-half teaspoon of baking-powder for each egg omitted, after the first one. Eggs improve the quality of the texture of batters, and while a fairly good plain cake can be made with only one egg, additional eggs give a lighter, more delicate texture, improve the flavor and produce a smoother crust.

Flour—In the cake recipes given in this book, pastry flour has been used, unless some other flour is specified. Pastry flour contains more starch and less gluten than bread flour and makes a lighter and more tender cake. If bread flour is used take out two tablespoons from each cup of flour that the recipe calls for. This will make a good cake but it will not be quite so light nor keep so moist as one made from pastry flour. A general purpose flour is better for cakes than a bread flour.

Leavening Agents—The most usual leavening agents in cake making are eggs and baking-powder, or an equivalent. When eggs are used, less baking-powder is needed and, in varying a recipe, for each egg added or subtracted after the first one it is usually safe to add or subtract one-half teaspoon of baking-powder. If the liquid used is sour milk or cream, stir soda into the liquid until it foams, using from one-quarter to one-half teaspoon of soda to each cup of liquid according to its sourness. Then the amount of baking-powder in proportion to the flour may be decreased slightly.

No chemical leavening agent is used in true sponge cakes. The air incorporated by means of the beaten egg-whites, and the steam generated in cooking make the cake rise as it is baked.

Flavorings—A cake shortened entirely with good butter needs no additional flavoring though most people add some flavoring extract. Vanilla and lemon extracts are used more commonly than others, but almond, orange, pineapple, and rose give a variety in flavors. Very often the juices of fresh fruit such as lemon or orange, or the grated peel or rind, are used in certain types of cake. Too much flavoring is a common mistake. The amount given in recipes is for an extract of average strength. Where an extract of greater strength is used the amount should be decreased.

Standard Method of Mixing Butter Cakes

There are several methods of combining ingredients for butter cakes, but the method described below is considered the standard.

Cream the Butter or Other Shortening by continued rubbing against the sides of the bowl until it is soft and light. Some people prefer to use a wooden spoon for this, but a fork does the work more quickly. If the shortening is too hard to cream easily, warm the bowl slightly by setting it in warm water, but do not melt the fat.

Add the Sugar Gradually and work well after each addition.

Separate the Whites From the Yolks of the eggs. Beat the yolks until they are thick and lemon-colored, then add them to the creamed shortening and sugar. If the egg is not separated, beat the whole egg well and add here.

Sift the Flour, measure it and add to it all other dry ingredients, such as baking-powder, salt and spices, and then sift again.

Add the Dry Ingredients and Milk to the first mixture, alternately, keeping the batter of the same consistency throughout the mixing process. Beat just enough to make the mixture smooth.

Add the Flavoring, then fold in the stiffly beaten egg-whites, unless the whites were added with the yolks.

When Fruits or Nuts Are Used, save out a little of the flour to sift over them, and add them to the cake mixture just before the egg-whites are added.

Melt Chocolate Over Hot Water and add just after the egg-yolks. Add cocoa as one of the dry ingredients.

Baking Butter Cakes

For any cake made with fat, grease the pans with a melted, unsalted fat, using a pastry brush or a piece of soft paper, then dredge the pans with flour, and shake them to distribute the flour over the surface. Invert the pans and shake them to remove all surplus flour, leaving only the thin film which adheres to the fat. This helps to give the cake a smooth under crust.

If the oven temperature is difficult to control, if the cake

pan is not smooth, or if the cake contains only a small amount of fat, it is advisable to line the pans with smooth paper. Cut the paper to fit the bottom of the pan, plus an allowance to cover the sides. For a rectangular pan, cut out the corners of the paper so that it will fit against the sides of the pan without overlapping or wrinkling. For a round or oval pan, cut gashes along the edge of the paper as far as the part which is to cover the bottom. The paper will then overlap smoothly on the sides of the pan. Grease the paper after it is fitted into the pan. The grease will hold the paper against the sides as the cake batter is poured in.

If you want the cake to rise to the top of the pan, fill the pan about two-thirds full. Spread the batter well into the corners and against the sides of the pan, leaving a slight depression in the center. As cake tends to rise more in the center than at the edges, this will help to make it flat on top when it is done.

Baking Temperatures—Place the pan in the center of the lower grate so that the greatest amount of heat will reach it from underneath. A moderate temperature, varying from 350° to 375°, is best for baking a butter cake. If the oven is too hot, a thick brown crust will form on the outside before the cake has fully risen and before the inside has thoroughly baked, resulting in a cracked surface.

The Time for Baking depends on the thickness of the cake. Cup cakes take from twenty to thirty minutes, layer cakes about twenty minutes, and loaf cakes from forty-five to sixty minutes.

Divide the time of baking into quarters: (1) During the first quarter, the cake should rise and little bubbles form on the top; (2) in the second quarter, it should continue to rise and to form the crust; (3) in the third quarter, it should begin to brown, and (4) at the end of the fourth quarter it should be browned sufficiently and shrink from the tin.

Testing the Cake—When the cake is fully baked, it will shrink from the sides of the pan. When touched lightly with the finger it will spring back. If the finger leaves a depression, the cake is not done.

Another test is to insert a clean wooden toothpick into the middle of the cake. If no particles of batter adhere to it when it is drawn out, the cake is done.

Care After Baking—After removing the cake from the oven, allow it to remain in the pan about two minutes. Then, with a spatula or knife, loosen the edges. If there is any tendency for the cake to stick on the bottom, wring a cloth out of water and place it on the bottom of the pan for a few seconds. Turn the cake out on a wire cake-cooler and allow it to stand until cool.

Standard Method of Mixing Cakes Without Fat

Cakes without fat depend for leavening largely upon the air beaten into the eggs. The whites and yolks of the eggs may or may not be separated, depending upon the kind of cake. If using the whole egg, beat it till thick and lemon-colored; if using only the yolk, beat till thick and light in color, add the sugar gradually and beat after each addition until the sugar dissolves.

Add the flavoring and liquid, if there is any, and fold in the sifted dry ingredients.

When the whites have been beaten separately, they are added last, using the folding motion. Do not beat the mixture after the whites have been added. Place at once in a slow oven (300°-325° F.).

General Directions for Baking Cakes Without Fat

A smooth tube-tin or loaf tin is not greased for sponge or angel cake, but if the tin is old or worn, it will give better results if the bottom is greased. The sides should be dry so that the mixture may be supported by clinging to them as it rises.

Baking Temperatures—True sponge cakes and angel cakes in which the eggs are the only leavening, should be baked in a slow oven because a cake of this type is a typical egg mixture, needing slow cooking. If it is baked at a high temperature, a tough crust forms on the outside while the cake on the inside remains uncooked. It can be truly said of such a cake, "half the making is the baking." When baking-powder is used, a slightly higher temperature is desirable. The division of baking time is the same as for butter cakes.

When the cake is a light brown, and springs back when

pressed with the finger, it is done. Remove it to a wire cake cooler, invert the tin and allow it to stand till the cake is cool. Then remove the cake from the tin. When serving, break it apart with two forks; cutting with a knife tends to crush the cake and make it appear heavy.

Causes of Failure in Making Cake

Cracks and Uneven Surfaces are caused by too much flour or too hot an oven.

A Dry Cake (that is, a fresh cake that seems dry or bready inside) may be caused by too much flour, too little fat or by the kind of sugar used, i.e., powdered sugar is thought by some people to give a dryer cake than granulated sugar.

A Heavy Sticky Cake means too much sugar or too little baking.

A Moist Sticky Crust is caused by an excess of sugar.

A Macaroon Crust is caused by too much sugar or too slow baking.

Coarse Grained Cakes are caused by insufficient mixing, too slow baking, too much baking-powder, or too much fat.

Falling is caused by insufficient flour, too much fat, underbaking, or opening or jarring the oven early in the baking period.

An Uneven Color is caused by too fast baking or insufficient mixing.

FOUNDATION OR PLAIN CAKE

⅓ cup shortening
¾ cup sugar
2 eggs
1½ cups flour
2 teaspoons baking-powder
½ cup milk
1 teaspoon vanilla

Cream the shortening, add sugar and continue creaming. Add well-beaten eggs. Mix and sift the dry ingredients and add alternately with the milk. Add flavoring. Bake in layers, (375° F. for 20 minutes). Any good filling and frosting may be used. The batter may be varied by adding nuts, coconut, spices, etc., and may be baked as a loaf cake.

ONE-EGG CAKE

4 tablespoons shortening
1 cup sugar
1 egg
1½ cups flour
2½ teaspoons baking-powder
½ cup milk
1 teaspoon vanilla extract

Melt the shortening; add sugar; and cream thoroughly together. Add the beaten egg. Mix and sift the dry ingredients, and add alternately with the milk. Add flavoring. Put in layer or loaf-cake tins and bake in a moderate oven (layers, 375° F., 20 minutes; loaves, 350°-375° F., 45-60 minutes).

CARAMEL OR BURNT SUGAR CAKE

½ cup shortening
1½ cups sugar
2 eggs
1 cup water or milk
2½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1 to 2 tablespoons caramel sirup
1 teaspoon vanilla

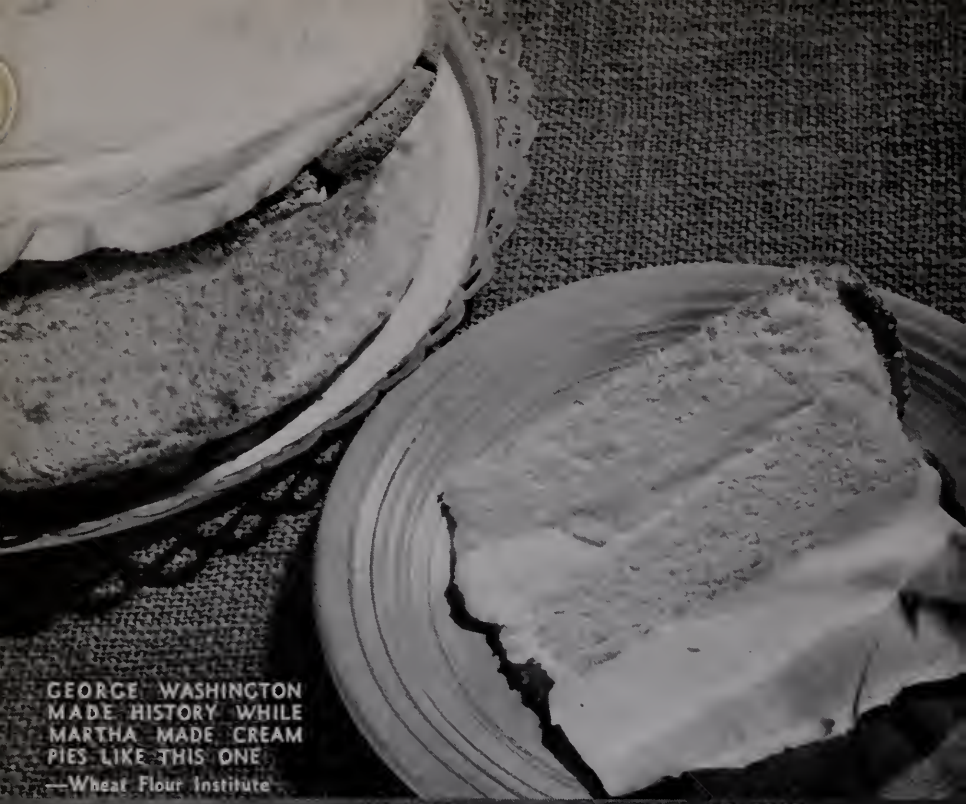
Cream the shortening till very soft. Add sugar gradually, keeping the mixture foamy by vigorous manipulation. Beat the eggs till very light and add to the sugar mixture. Add vanilla and caramel and beat well. Mix and sift the remaining dry ingredients and add to the first mixture alternating with the liquid. Beat only enough to mix ingredients thoroughly. Bake as loaf or layer in a moderate oven (loaf, 350°-375° F., 45-60 minutes; layer, 375° F., 20 minutes). Use either a white boiled frosting or a caramel frosting on top and between layers.

Caramel Sirup—Into a smooth frying pan put one cup of sugar. Place over a slow fire. When it begins to melt shake the pan occasionally, and when it begins to smoke add one cup of boiling water. Let boil till a heavy sirup is formed.

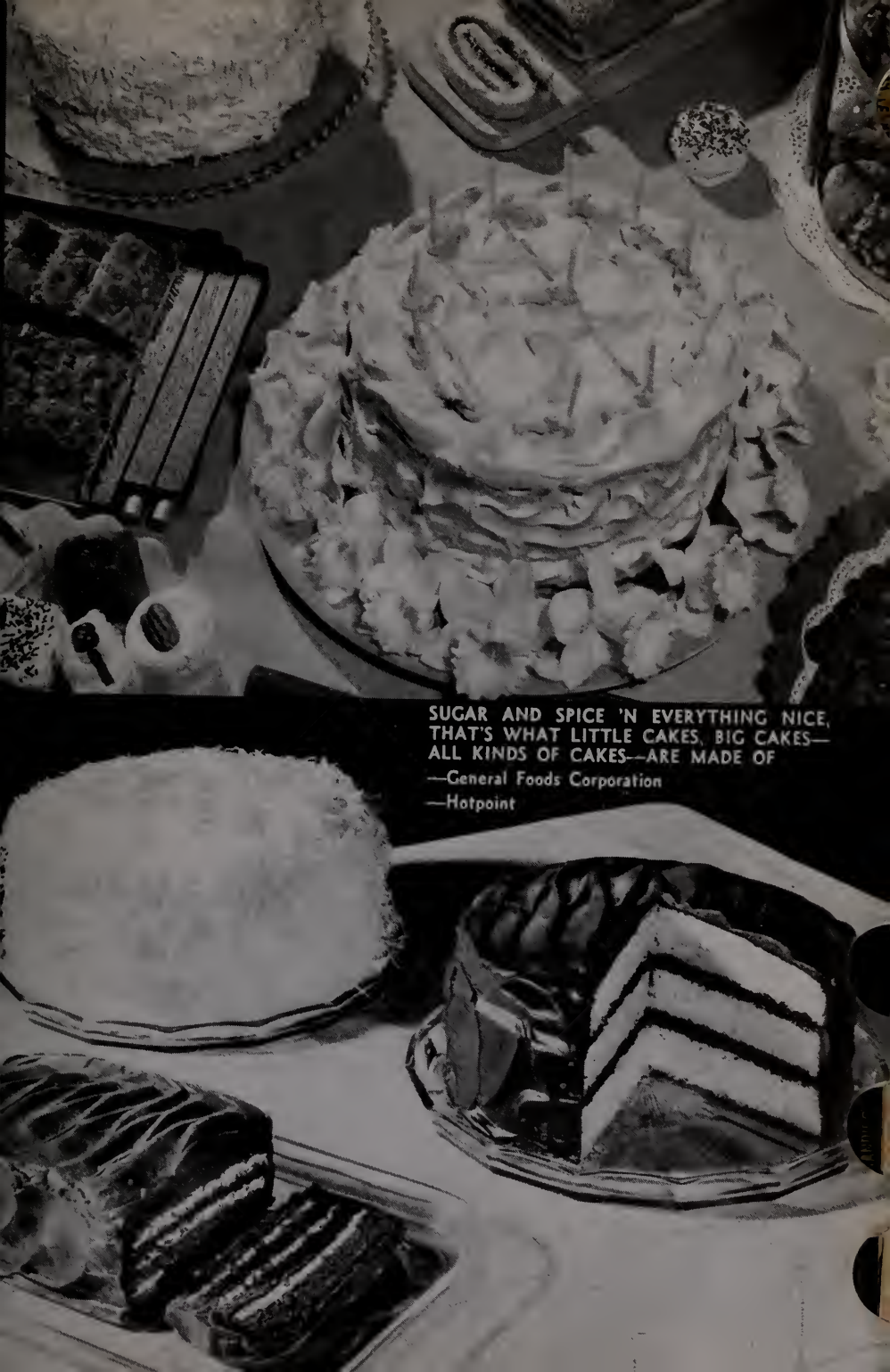
EGGLESS CAKE

⅓ cup shortening
1 cup sugar
2 cups flour
5 teaspoons baking-powder
1 cup milk
Grating of nutmeg or 1 teaspoon vanilla extract
½ cup raisins or citron cut in small pieces

Cream the shortening and sugar. Mix and sift the flour and baking-powder and add alternately with the milk. Add flavor-



WE NEED NO WORDS FOR DEVIL'S FOOD CAKE. ALWAYS A FAVORITE—EASY TO BAKE
—General Foods Corporation



SUGAR AND SPICE 'N EVERYTHING NICE,
THAT'S WHAT LITTLE CAKES, BIG CAKES—
ALL KINDS OF CAKES—ARE MADE OF
—General Foods Corporation
—Hotpoint

ing and raisins or citron. Beat well and put into a greased loaf tin. Bake in a moderate oven (350°-375° F., 45-60 minutes).

ONE-TWO-THREE-FOUR CAKE (Measure Cake)

1 cup shortening
2 cups sugar
3 cups flour
4 eggs
4 teaspoons baking-powder
1 cup milk
Flavoring

Cream the shortening and sugar and add the eggs. Mix and sift flour and baking-powder and add alternately with the milk. Flavor as desired. Bake as loaf or layer cake (layers, 375° F., 20 minutes; loaves 350°-375° F., 45-60 minutes).

MAPLE SIRUP CAKE

½ cup sugar
⅓ cup shortening
¾ cup maple sirup
½ cup milk
Salt
2¼ cups flour
3 teaspoons baking-powder
3 egg-whites

Cream the sugar and shortening together. Add the sirup and stir well. Add the milk and flour alternately. Fold in the beaten whites and bake in an oblong pan (350°-375° F., 45-60 minutes). When the cake is baked and cool, place it on an inverted cake-pan and cover with Maple-sugar Frosting, No. 2.

DEVIL'S FOOD

Batter—

1½ cups brown sugar
⅔ cup shortening
1 cup sour milk
2 eggs
1 teaspoon vanilla
1 teaspoon soda
1 teaspoon baking-powder
2¼ cups flour
¼ teaspoon salt

Custard—

1 cup brown sugar
3 squares chocolate cut in small pieces
½ cup milk
Yolk 1 egg

To make the custard, heat milk, sugar, and chocolate. Add egg-yolk beaten. Cook the mixture until smooth and thick and set aside to cool. While this is cooling mix the batter as usual.

Cream the shortening and sugar, add the soda to the milk, and add it to the shortening and sugar mixture. Add the beaten eggs, then the baking-powder and salt mixed with the flour, and the vanilla. Mix well and add the cold custard. Mix thoroughly. Bake in layers in a moderate oven (375° F., 20 minutes). Put together with fudge frosting or with chocolate cream filling.

CHOCOLATE NUT CAKE

⅔ cup shortening
2 cups sugar
4 eggs
1 cup mashed potatoes
2 squares chocolate
2 cups flour
3½ teaspoons baking-powder
1 teaspoon cinnamon
½ teaspoon mace
½ teaspoon grated nutmeg
½ teaspoon ground cloves
1 cup chopped nut-meats
⅔ cup milk

Cream the shortening with one cup of sugar. In another bowl, beat the egg-yolks with the remaining cup of sugar. Combine the two mixtures. Have ready the hot mashed potatoes, which should be without lumps, add to them the melted chocolate and combine with the first mixture. Mix and sift the dry ingredients and add the nut-meats. Add to the cake mixture, alternating with the milk. Fold in the stiffly beaten whites. Bake in a loaf pan in a moderate oven (350°-375° F., 45-60 minutes). When cool, cover with marshmallow cream frosting or boiled frosting.

SOUR CREAM COCOA CAKE

2 tablespoons shortening
1½ cups sugar
2 egg yolks
1 cup thick sour cream
½ teaspoon soda
1 teaspoon vanilla
2 cups flour
½ teaspoon salt
2 teaspoons baking powder
½ cup cocoa
½ cup boiling water

Mix the cocoa and boiling water and stir till smooth. Cool. Cream the shortening, add the sugar gradually, beat in the egg yolks. Add the sour cream in which has been stirred the one half teaspoon soda. Sift the flour, baking powder, and salt and beat into the first mixture. Beat in the cool cocoa mixture and the vanilla. When thoroughly mixed, pour into layer cake pans. Bake in a moderate oven (375° F., 20-30 minutes).

of frosting as thick as the cake layers. Beat the yolks of the eggs very light, add the sugar, the vanilla and the flour. Last cut in the stiffly beaten whites. Spread on layer-cake tins which have been rinsed with cold water; spread so thin that the mixture barely covers the tin; and bake in a slow oven, not more than 300° F., until thoroughly done, though still as soft as a griddle-cake. If the oven is too hot, the layers may become crisp, and must be discarded. These layers bake very quickly and must be watched all the time. Some of the layers may be baking while others are being prepared; six layer-cake tins are sufficient to keep the operation running smoothly. When a layer is removed from the oven, set the tin on a damp cloth to loosen the cake.

FILLING—

½ pound chocolate
½ cup hot water
4 eggs
1 cup sifted powdered sugar
1 teaspoon vanilla

Melt the chocolate with the hot water, using the double boiler, then add the sifted powdered sugar. Add the well-beaten eggs and cook until thick and smooth, stirring constantly, then add the vanilla.

The top may be frosted with a simple frosting made of confectioners' sugar, lukewarm water and melted chocolate. Use the pastry-bag and tube for decorating the top of the cake. Cut in small squares or diamonds.

OLD FASHIONED POUND CAKE

1 pound butter
1 pound sugar
1 pound flour
1 pound eggs
Grated rind of 1 lemon

Cream butter and add sugar, beating until foamy. Add egg-yolks, beaten light, then grated lemon rind. Beat 15 minutes. Fold in the stiffly beaten egg-whites, then add the flour. Bake as a loaf in a slow oven (325° F., 1-1¼ hours). This is a large, rich cake which will keep fresh for a long time if wrapped in waxed paper and kept closely covered.

SPICE CAKE

1 cup thick sour cream
⅜ teaspoon soda
1 cup sugar
2 eggs
½ teaspoon salt
2 cups flour
3 teaspoons baking-powder
¼ teaspoon cloves
1½ teaspoons cinnamon
¼ teaspoon nutmeg
¼ cup nut meats, if desired

Stir the soda into the cream until it foams, then add the sugar and beat well. Beat the eggs till light and add to the first mixture. Mix and sift the remaining dry ingredients and add them to the first mixture gradually, stirring and beating until the batter is smooth. This may be baked in a sheet or as individual cakes. Bake in a moderate oven (375° F., 20-30 minutes).

FIG LOAF CAKE

1 cup shortening
2 cups brown sugar
4 eggs
3 cups flour
2 teaspoons baking-powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground cloves
1 teaspoon nutmeg
1 cup water
½ pound finely cut figs
2 cups chopped raisins

Cream the shortening and add the sugar. Add the eggs, well beaten. Mix and sift the dry ingredients and add alternately with the water. Add figs and raisins, dredged with a little of the flour. Bake in a greased loaf pan in a slow oven (325° F., about two hours).

DELICIOUS FRUIT CAKE

1 pound butter
2 cups light-brown sugar
9 eggs
1 cup strong coffee
3 pounds currants
2 pounds seeded raisins
1 pound citron
½ pound almonds
4 cups flour
1 teaspoon mace
¼ teaspoon nutmeg
2 teaspoons cinnamon
½ teaspoon soda

Cream the butter; add the sugar gradually and beat thoroughly. Separate the whites from the yolks of the eggs. Beat the yolks until thick and lemon-colored and the whites until stiff and dry and add to the first mixture. Then add the coffee, the flour mixed and sifted with the spices and soda,

and well-floured fruits and nuts. Put into greased pans lined with greased paper. Bake three or four hours in a very slow oven (275° F.). Rich fruit-cake is sometimes steamed for an hour, then baked for the rest of the time.

WEDDING CAKE

2 pounds butter
1 pound granulated sugar
¾ pound brown sugar
20 eggs
2 oranges, juice and grated rind
1 lemon, juice and grated rind
1 teaspoon soda
1 cup molasses
1 cup black coffee
1 cup fruit-juice
2 pounds flour
1½ teaspoons salt
1 teaspoon cloves
2 teaspoons cinnamon
2 tablespoons nutmeg
2 tablespoons mace
1 glass tart jelly
3 pounds seeded raisins
2 pounds seedless raisins
5 pounds currants
1 pound almonds
2 pounds citron
2 cups flour (for the fruit)

Cream the butter till very soft, add the white sugar and the sifted brown sugar and mix thoroughly. Add the beaten yolks and mix again with the grated rind. Add one-half the soda to the molasses, stir until foamy and add, with the coffee and fruit juices, alternating with the two pounds of flour, the rest of soda, the salt and spices sifted together. Break the jelly into pieces and stir in. It is not necessary to have the jelly thoroughly mixed in.

Look over the raisins and currants, wash if necessary, drain and dry. Blanch the almonds and slice. Save half the nuts to sprinkle on the bottom and top of cake. Cut the citron in thin strips. Mix the two cups of flour thoroughly with this fruit.

Mix the prepared fruit with the batter. This may be added from time to time with the flour. When all is thoroughly combined fold in the stiffly beaten egg-whites.

This amount makes about twenty-four pounds of cake, and can be baked in small loaves or in one large one. Whatever size is chosen line the greased pans with three layers of paper (bottom and sides) having the top layer well greased. Sprinkle the bottom with about one-third of the reserved nuts. Put the mixture into the pan making sure that the corners are well filled and that the top is level and smooth. Sprinkle the remaining nuts on the top. If made into one large cake steam four hours and then bake one hour in a very slow oven (250°-275° F.). If

made into small cakes they can be baked without steaming first. Bake in a slow oven (250° F.) for two hours. Let cool in the pan, but have it stand on a rack so as to have a circulation of air underneath as well as on the top and sides.

Turn out and remove the paper. Cool and store in a cool dry place tightly covered. A few sound apples placed in the container where cake is stored will help keep the cake moist if it must be kept long, but they must be watched and replaced if they begin to show decay, or if they become shrivelled.

As there is so much preparation involved, the fruits and nuts can be gotten ready several days before the cake is to be baked. Even after the cake is entirely mixed and in the pan or pans it can stand over night if kept in a cool place.

CHRISTMAS FRUIT CAKE

1 pound butter
1½ pounds brown sugar
1½ pounds flour
10 eggs
1 cup molasses
1 cup strong coffee
Juice and grated rind of 2 oranges
Juice and grated rind of 1 lemon
1 cup tart jelly
¼ pound almonds
3 pounds raisins
2 pounds currants
1 pound citron
1 pound dates
2 teaspoons nutmeg
1 teaspoon mace
1 teaspoon cloves
2 teaspoons cinnamon
1 teaspoon soda
3 teaspoons baking-powder

Cream the butter and sugar. Add molasses, coffee, lemon, orange and jelly. Reserve two cups of flour in which to roll the fruit. Mix and sift dry ingredients, add to mixture, mix well and add well-beaten eggs. Add the floured fruit and mix thoroughly. Bake in greased paper-lined pans. Over the top of the cakes sprinkle the blanched shredded almonds. Cover the cakes with heavy waxed paper. Steam them two hours and bake in a moderate oven (300° F.) for one hour.

DRIED APPLE CAKE

2 cups dried apples
2 cups molasses
1 cup shortening
1 cup sour milk
2 eggs
4 cups flour
2 teaspoons soda
Spices, as desired

Stew the apples just enough so that they will chop easily and chop them into pieces about as large as raisins. Boil them in

molasses till they are like thick preserves, then drain off the molasses. Stir molasses, shortening, sour milk and egg together, add flour and soda and spices, and last of all, the apples. This makes two loaves. Bake in moderate oven (350°-375° F., 45-60 minutes).

No. 1. APPLE SAUCE SPICE CAKE

1 cup sugar
½ cup shortening
1 cup thick, unsweetend apple sauce
1 egg
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon allspice
½ teaspoon salt
1½ cups flour
4 teaspoons baking-powder
½ cup walnuts, chopped

Cream the shortening and sugar, and add the apple sauce and the beaten egg. Mix and sift the dry ingredients, add the nuts, and combine the mixtures, mixing them thoroughly. Bake in a loaf or in two layers in a moderate oven (loaf, 350°-375° F., 45-60 minutes; layer, 375° F., 20 minutes).

No. 2.

⅓ cup shortening
1 cup sugar
1½ cups thick sweetened apple sauce
2 cups flour
1 teaspoon soda
Pinch of salt
Spices to taste
1 cup raisins

Cream shortening and sugar together, then add the apple sauce. Mix sifted flour, soda, spices, and the raisins. Mix well. Bake in well-greased loaf pan in a moderate oven (350°-375° F., 45-60 minutes).

TRUE SPONGE CAKE

1 cup flour
¼ teaspoon salt
4 eggs
1 cup sugar
4 teaspoons lemon-juice

Sift the flour, measure it, add the salt and sift it again. Separate the whites and yolks of the eggs and beat the yolks until they are thick and lemon-colored. Add the sugar gradually and beat again. Add the lemon-juice and mix thoroughly. Fold in the flour, alternately with the stiffly beaten egg-whites. (Be careful not to beat the cake at this stage.) Bake in a

floured sheet or loaf tin in a moderate oven (sheet, 350° F., 30 minutes; loaf, 350° F., 50 minutes).

For Martha Washington Cream Pie, bake in 2 cake tins. Use the filling page 474 and top with whipped cream. When serving cut in wedges like a pie.

HOT WATER SPONGE CAKE

1 cup flour
1½ teaspoons baking-powder
¼ teaspoon salt
2 eggs
1 cup sugar
6 tablespoons hot water
½ tablespoon lemon-juice

Proceed as for true sponge cake, sifting the flour twice and mixing as lightly as possible.

MERINGUE SPONGE CAKE

6 eggs
1 cup sugar
1 cup flour
½ cup water
¼ teaspoon salt
½ teaspoon lemon or vanilla

Boil sugar and water until it reaches the thread stage (234° F.). Pour it slowly over the stiffly beaten egg-whites. Beat until cool, add beaten egg-yolks, salt and flavoring. Mix well and fold flour into the mixture. Bake in a moderate oven (350° F.) for 50 minutes.

ANGEL CAKE

9 egg-whites
1 teaspoon cream of tartar
1 cup sugar
⅞ cup flour
⅛ teaspoon salt
1 teaspoon vanilla

Beat the whites of the eggs to a froth, add the cream of tartar and beat till the eggs are stiff but not dry, then gradually add the sugar (which has been sifted twice), beating after each addition. Sift the flour with the salt five times and fold it into the mixture. Add the vanilla. Bake in an ungreased angel-cake tin in a moderate oven (350° F.) 45-50 minutes. Be careful not to jar or disturb while baking. Remove from the oven, turn the pan upside down on a wire netting or with a knife handle or some other small article inserted under the

edge of the pan to permit steam to escape, and let it stand until the cake falls out. Ice placed on the bottom of the tin will hasten the release of the cake.

ROLLED CAKES

3 eggs
¾ cup sugar
5 tablespoons milk
1½ cups flour
1 teaspoon baking-powder
¼ teaspoon salt
1 tablespoon lemon extract
½ pint fruit jelly

Beat the yolks of the eggs until light, then add the sugar. Stir well and add the flour, salt, and baking-powder sifted together, alternately with the milk. Add flavoring and fold in the stiffly beaten egg-whites. Grease a long shallow pan. The batter should not be more than one-fourth inch deep, for if it is thicker the cake will not roll easily. Bake six to eight minutes in a slow oven (325°-340° F.) watching closely, as it bakes quickly. When done, remove from the oven, and when cool enough to handle, turn out on to a cloth. Cut off the side crusts, spread the jelly over the surface, roll up and wrap the cloth about it to keep it in shape.

Marshmallow Chocolate Roll—Spread with marshmallow-cream frosting (page 482) and roll. Wrap in cloth to cool. Unwrap and frost with coating made by adding 1 teaspoon melted butter to 1 square melted, bitter chocolate.

GRAHAM CRACKER CREAM CAKE

1½ cups crushed and sifted graham crackers
1 teaspoon baking-powder
½ teaspoon salt
5 eggs
2 cups sugar
1 cup chopped nut-meats
1 teaspoon vanilla

Crush the crackers, add the baking-powder and salt. Beat the egg-yolks until thick, then stir in the sugar and beat well together. Add the cracker mixture, the nut-meats and flavoring. Fold in the stiffly beaten egg-whites. Put in greased layer-cake tins and bake in a moderate oven (350°-400° F.). Put layers together with cream filling. Whipped cream may be spread over the top of the cake, if desired.

WHIPPED CREAM CAKE

1 cup sweet cream
1 cup sugar
1 teaspoon vanilla
2 teaspoons baking-powder
2 eggs
1½ cups flour
¼ teaspoon salt

Whip cream until firm, add eggs and whip till light as foam. Add sugar and beat well again, this time using a wire whip instead of a rotary beater. Add salt and vanilla. Whip in flour and baking-powder which have been sifted together. Bake in a spring form cake pan in a rather quick oven (400°-450° F., 25 minutes). Fill the center with sliced fruit and garnish with whipped cream.

SOUR CREAM CAKE

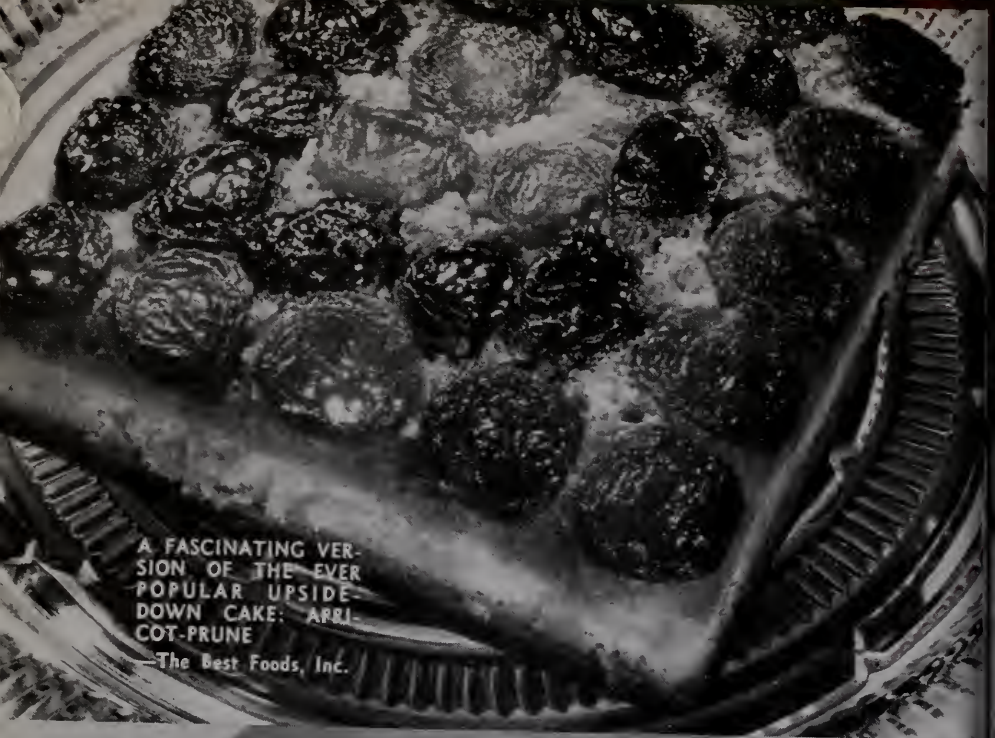
2 eggs
1 cup sugar
1 cup thick sour cream
⅜ teaspoon soda
½ teaspoon vanilla
2 cups flour
2 teaspoons baking-powder
¼ teaspoon salt

Beat the eggs very light, then gradually beat in the sugar. Sift the soda into the sour cream and stir rapidly till foamy; add to the egg and sugar mixture with the vanilla. Sift the rest of the dry ingredients and add, stirring and beating till smooth. Bake in a loaf (350°-375° F., 45-60 minutes).

PRUNE AND APRICOT UPSIDE-DOWN CAKE

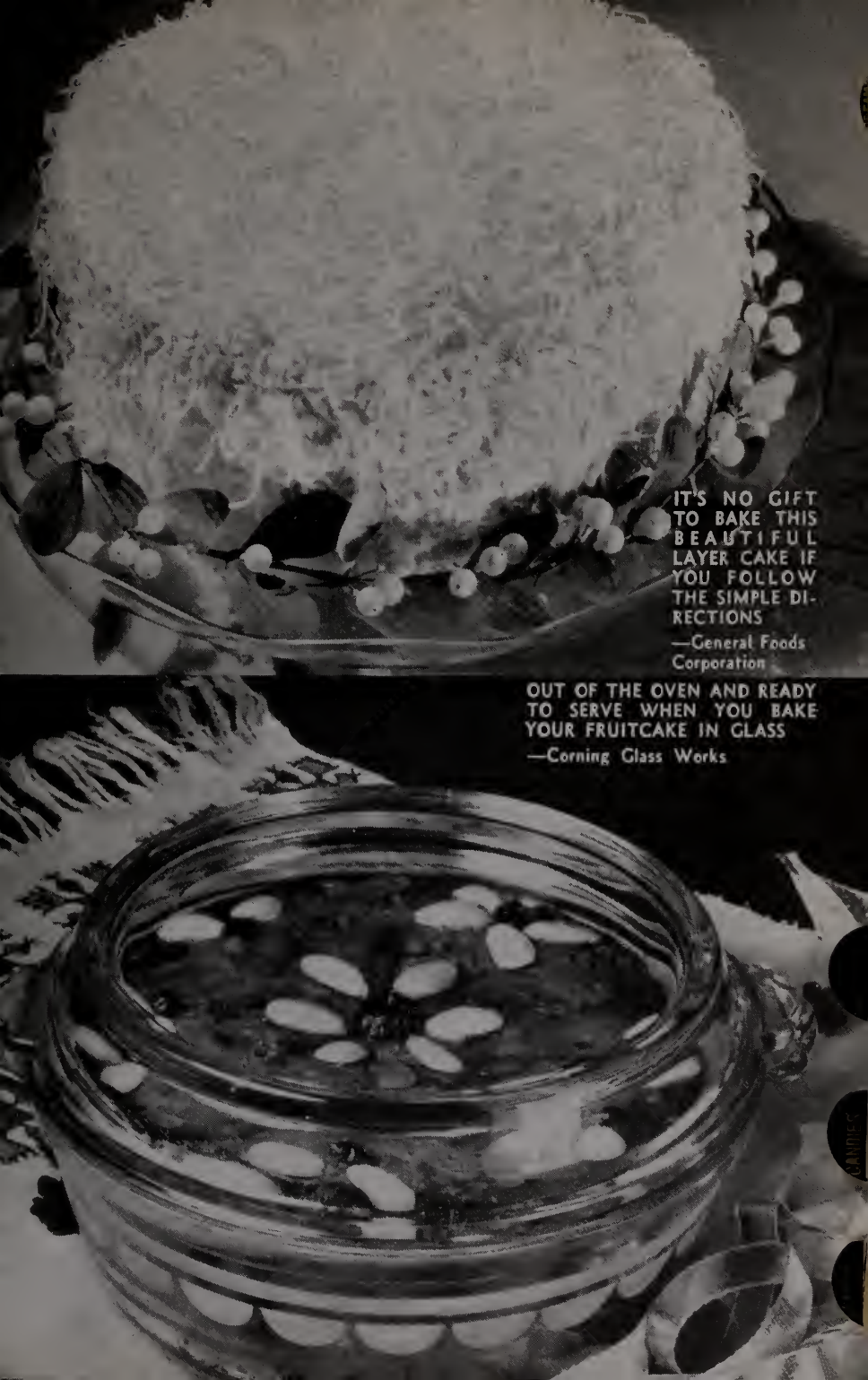
¼ cup butter
½ cup brown sugar
½ teaspoon lemon rind
Stewed apricot halves
Stewed prune halves
5 tablespoons shortening
⅔ cup sugar
1 egg, beaten
1 cup milk
2¼ cups flour
4 teaspoons baking powder
½ teaspoon salt

Cream butter and brown sugar; add lemon rind; spread on bottom of cake pan 8″ by 2″. Arrange apricot and prune halves to form design on top of sugar mixture. Cream shortening, add sugar slowly, then egg; beat well. Add milk alternately with flour, baking powder and salt sifted together. Mix thoroughly. Pour batter carefully over fruit in pan; bake 50 minutes at 350° F. Turn onto serving platter, upside down.



A FASCINATING VERSION OF THE EVER POPULAR UPSIDE-DOWN CAKE: APRICOT-PRUNE
—The Best Foods, Inc.

DON'T RUN AROUND IN CIRCLES THINKING OF NEW DESSERTS—THIS CHOCOLATE MARSHMALLOW ROLL DOES IT FOR YOU
—General Foods Corporation



IT'S NO GIFT TO BAKE THIS BEAUTIFUL LAYER CAKE IF YOU FOLLOW THE SIMPLE DIRECTIONS

—General Foods Corporation

OUT OF THE OVEN AND READY TO SERVE WHEN YOU BAKE YOUR FRUITCAKE IN GLASS

—Corning Glass Works

CAKE FILLINGS AND FROSTINGS

A TABLE giving the temperatures of boiling sugar sirup at its various stages will be found on page 12.

FILLINGS—A filling is defined as "something that serves to fill up a space or cavity." In connection with cakes, the word is used to designate a soft, sweetened, cooked or uncooked mixture that will spread easily. It is usually put between layers to hold them together, or is put into a cavity in a cake; but occasionally it is spread over the top and sides of a cake. Sometimes a frosting is used between the layers instead of a filling.

FROSTING AND ICING—A frosting is a preparation of sugar and a liquid, which may or may not be combined with egg, and may be cooked or uncooked. The term is derived from the fact that the first sugar decorations of this sort were uncolored and gave the effect of hoar-frost. The word is now used to mean any sweet covering applied to cakes, whether white or colored.

Icing has been used interchangeably with the word "frosting" but more often in reference to the uncooked frostings. In the beginning the word was probably used because the substance looked like ice, being translucently white instead of frostily white. Therefore, it may be desirable to use the word "icing" to mean a thin mixture of confectioners' sugar and a liquid, spread on to give a glazed surface; and to keep the term "frosting" for a thicker, more opaque coating.

Applying Fillings and Frostings

Cakes should be cooled and the surface should be free from loose crumbs before a filling or frosting is applied, and the filling or frosting should be cool enough so that it will not soak in. Either the top or the bottom crust may be frosted, but the bottom crust is likely to be softer and more level than the top crust. This point should be considered also when fillings are to be put between layers. Fillings usually hold layers together better when the bottom crusts are placed together. A very

soft filling should not be used for a cake that is to be kept any considerable time before it is eaten because the filling will soak into the cake and make it soggy. Sometimes the shape of a loaf cake makes it desirable to put the frosting on the bottom crust. The frosting may extend over the top of a cake only or may be spread over the sides. A well-made boiled frosting should be soft, but not soft enough to run. A frosting may be put on with a very smooth surface, may be left rough, or may be scored in ridges or designs.

Fillings

APPLE FILLING

2 apples 1 lemon 1 cup sugar

Pare two large, sour apples and grate them into a saucepan, add the juice and grated rind of the lemon, and the sugar. Cook for five minutes, stirring constantly. Cool before spreading on cake.

CARAMEL FILLING

1½ cups brown sugar
1 tablespoon butter
2 teaspoons corn-starch
1 cup milk
1½ teaspoons vanilla

Cook the sugar, corn-starch, milk and butter together in a double boiler until thick. Remove from the fire and beat vigorously until the mixture is stiff. Add flavoring. Cool before spreading on cake.

CHOCOLATE FILLING

No. 1.

1½ squares chocolate
¼ cup milk
1 cup brown sugar
1 egg-yolk
½ teaspoon butter
1 teaspoon vanilla

Melt the chocolate over hot water, in a double boiler; add the milk, and cook together, stirring until the mixture is thick and creamy. Add sugar and beaten egg-yolk, stir until smooth and cook five minutes. Add the butter. Beat well. Remove from heat and add flavoring. Cool before spreading on cake.

No. 2.

1½ squares chocolate
⅓ cup cream
1 egg-yolk
1 cup powdered sugar
½ teaspoon butter
½ teaspoon vanilla

Melt the chocolate over hot water, in a double boiler. Mix the cream and beaten yolk and add gradually, then the butter. Stir in the sugar and cook until thick. Remove from fire. Add flavoring. Cool before spreading on cake.

COCONUT FILLING

No. 1.

1 tablespoon gelatin
½ cup cold water
½ cup boiling water
½ cup sugar
3 egg-whites
1½ cups moist coconut

Soak gelatin in the cold water until soft; then dissolve it in the boiling water. Add sugar and stir until it is dissolved. Allow gelatin to cool partly. When it begins to set, beat the egg-whites until stiff and beat in the gelatin. Fold in the coconut and spread upon the layers.

No. 2.

1½ cups moist coconut
2 egg-whites
4 tablespoons confectioners' sugar

Beat the egg-whites stiff and add the sugar and coconut gradually. Spread the mixture thickly over the cake. If you like, sprinkle the surface with dry shredded coconut.

MARTHA WASHINGTON FILLING

1½ cups milk
1 cup sugar
2 tablespoons flour
3 egg yolks
2 tablespoons gelatin
¼ cup cold water
¼ cup rum, brandy or whisky
½ cup candied cherries, chopped
½ cup citron, chopped
1 cup whipped cream

Scald milk. Add sugar and flour to beaten egg yolks. Add to scalded milk and cook over hot water until eggs are done. Remove from heat. Add gelatin which has been soaked in the cold water. Chill. Add liquor, beat with rotary beater and chill again. Fold the fruit and cream into the mixture. Pile between layers of sponge cake. Top with whipped cream.

CHOCOLATE—Use 2 squares bitter chocolate, melted over hot water, omit liquor, add ⅛ teaspoon salt, dash cinnamon and increase sugar to 1½ cups.

COFFEE—Scald milk with two tablespoons ground coffee, strain, and make same as cream filling, omitting liquor.

ORANGE—Use half orange-juice and half milk and add two tablespoons grated orange rind to ingredients above, omitting the liquor. If you like, add one tablespoon lemon-juice.

WHIPPED CREAM FILLING

½ tablespoon gelatin
¼ cup cold water
2 cups cream
½ cup powdered sugar
1 teaspoon vanilla
¼ cup boiling water

Soak the gelatin in the cold water until softened. Whip the cream in a pan set in ice-water and sift the sugar over it. Add the vanilla. Pour the boiling water upon the gelatin and, when it is dissolved and cooled, strain it over the whipped cream. Then beat rapidly with a flat whip, turning the pan with the left hand while beating with the right. Beat until the gelatin is thoroughly blended with the cream. Set in a cool place. When the filling is nearly stiff, spread it on the cake layers.

WHIPPED CREAM MOCHA FILLING

½ pint cream
2 tablespoons sugar
1½ tablespoons Mocha extract or strong coffee

Whip the cream in a bowl set in ice-water; add the extract or coffee and the sugar. Beat well.

If the top of the cake is spread with this filling, three-fourths cup of chopped nut-meats may be sprinkled over it.

FRUIT FILLING

½ pound single or mixed fruit
1 cup water
1 cup sugar
1 teaspoon vanilla

Chop the fruit fine and boil in the water, if necessary, until tender. Add sugar and cook slowly until smooth and thick. Remove from the heat, add vanilla and cool.

MIXTURE FOR UPSIDE-DOWN CAKES

2 tablespoons butter
4 tablespoons sugar (white, brown or maple)
Fresh or canned fruit

In a deep cake pan or heavy skillet, melt 2 tablespoons butter. Sprinkle 4 tablespoons sugar over bottom of pan and cover with well-drained sour cherries (or other canned or fresh fruit). Pour batter or light yeast dough over this layer and bake at 425° F. for 30 minutes.

FRUIT AND NUT FILLING

1 cup chopped raisins
½ cup chopped nuts
½ cup shredded coconut
1 egg-white
Currant jelly

Mix the raisins, nuts and coconut and add them to the stiffly beaten egg-white. Spread the layers of cake with a thin layer of currant jelly, then with a thick layer of the filling, and put together.

TUTTI-FRUTTI FILLING

¼ pound seeded or seedless raisins
¼ pound figs
½ pound dates
Chopped walnuts
¼ pound maraschino cherries
¼ pound maple sugar
½ cup water

Put raisins and figs in colander over a kettle of hot water and allow them to steam for about one hour. Then add dates, which have been pitted, and steam for fifteen minutes longer. Remove from steamer, add cherries, and chop all the fruit fine. Bring the maple sugar and water to a boil and pour it over the fruit. Mix well. When cool, spread between layers and on top of the cake and sprinkle with chopped walnuts.

No. 1. LEMON FILLING

2 tablespoons flour
¾ cup cold water
1 egg-yolk
½ cup sugar
Juice and grated rind of 1 lemon
2 teaspoons butter

Make a smooth paste of the flour and two tablespoons of the cold water. Cook the rest of the water, the sugar, grated lemon-rind and butter. When the sugar is dissolved and mix-

ture boiling, stir in the flour mixture slowly. Cook until clear and smooth, about fifteen minutes. Add lemon-juice and beaten egg-yolk and cook two minutes. Cool before spreading on cake.

No. 2.

3 egg-yolks
1 cup sugar
½ cup butter or other fat
Juice and grated rind of 2 lemons

Beat the egg-yolks until thick, add the other ingredients and cook in a double boiler, stirring constantly, until the mixture is thick and smooth. Cool before spreading on cake.

MAPLE CREAM FILLING

2 cups maple-sirup
¾ cup milk
1 tablespoon butter
Salt

Cook sirup, milk, butter, and salt together to the soft-ball stage (238° F.). Cool and beat until creamy. Use as a filling for cakes, cream-puffs or tarts.

ORANGE FILLING

2 tablespoons butter
¼ cup granulated sugar
2 eggs beaten
½ cup orange-juice
1 tablespoon grated orange rind
1 tablespoon lemon-juice

Combine all ingerdients and mix well. Cook over hot water, stirring constantly, until well thickened, about ten minutes. Chill well before spreading on cake.

PRUNE FILLING

¼ pound prunes
½ tablespoon gelatin
4 tablespoons cold water
½ cup sugar
½ cup rhubarb-juice or pineapple-juice
½ cup whipped cream

Wash the prunes, soak over night in water to cover, and cook slowly until soft. Remove pits and rub pulp through a coarse sieve. Soak the gelatin in cold water. When soft, add it to

the hot prune pulp and stir until the gelatin dissolves. Add sugar and fruit-juice. When the filling has cooled, fold in the whipped cream.

WALNUT FILLING

2 cups brown sugar
½ cup water
2 egg-whites
½ teaspoon vanilla
½ cup chopped walnut-meats

Cook the sugar and water, stirring occasionally until the sugar is dissolved. Boil without stirring until sirup will form a thread when dropped from the tip of the spoon (234° F.). Remove from the fire and cool while beating the egg-whites stiff, then pour the sirup in a thin stream on the egg-whites, beating the mixture constantly until it is thick enough to spread. Add flavoring and nuts. Cool before spreading on cake. Chopped nut-meats may be sprinkled over the top of the cake.

Frostings

CONFECTIONERS' FROSTING

1 egg-white ½ cup confectioners' sugar ½ teaspoon vanilla

Beat the egg-white stiff and add the sugar gradually; continue beating until the mixture is smooth and light. Add flavoring.

EGGLESS CONFECTIONERS' FROSTING

2 tablespoons milk or water
1 cup confectioners' sugar
½ teaspoon vanilla

Stir the sugar gradually into the milk or water. Add vanilla. More sugar may be added if the frosting is not thick enough.

Any fruit-juice or flavored liquid such as strong coffee or maple-sirup may be used instead of milk or water.

Crushed berries mixed with the sugar give a pleasing frosting.

Two tablespoons cocoa may be mixed with the sugar.

One-half square of melted chocolate may be added.

BOILED FROSTING

1 cup sugar
½ cup water
1, 2, or 3 egg-whites
½ teaspoon vanilla

Cook the sugar and water together, stirring until the sugar has dissolved. Then cook without stirring. For one egg-white, cook to 238° F.; for two egg-whites, cook to 244° F.; and for three egg-whites, cook to 254° F. Remove from the fire and allow it to cool while you are beating the egg-white stiff, then pour the sirup in a thin stream over the stiff white, beating the mixture constantly until thick enough to spread.

ORNAMENTAL OR TWICE-COOKED FROSTING

1½ cups granulated sugar
½ cup water
2 egg-whites
1 teaspoon flavoring extract
⅛ teaspoon cream of tartar

Boil sugar and water without stirring until the sirup will form a soft ball in cold water (234° F.); add very slowly to beaten egg-whites; add flavoring and cream of tartar and beat until smooth and stiff enough to spread. Put over boiling water, stirring continually until icing grates slightly on bottom of bowl.

SEVEN-MINUTE ICING

1 unbeaten egg-white
⅞ cup granulated sugar
3 tablespoons cold water
½ teaspoon flavoring extract

Place all the ingredients in the top of a double boiler. Place over boiling water and beat with beater for seven minutes. Add flavoring, beat, and spread on cake.

Chocolate—Add to above one and one-half ounces melted unsweetened chocolate two minutes before taking from fire.

Coffee—Use cold boiled coffee in place of water.

CARAMEL FROSTING

1 cup brown sugar
½ cup water
2 egg-whites
1 teaspoon vanilla or
½ teaspoon lemon extract

Make a sirup of the sugar and water and cook to the soft-ball stage (238° F.). Remove from the fire and cool while the

egg-whites are beaten, then pour the sirup in a thin stream on to the stiff whites, beating the mixture constantly until thick enough to spread. Add the flavoring.

Chopped nuts may be stirred into the frosting just before spreading.

CHOCOLATE FROSTING

1 square chocolate
3 tablespoons granulated sugar
1 tablespoon water
1 egg-white
8 tablespoons confectioners' sugar
½ tablespoon vanilla

Cook the chocolate, granulated sugar and water together, stirring until the mixture is smooth and glossy. Beat the white of the egg enough to thin it, but not to make it frothy; add the confectioners' sugar, stir until smooth and light, then add the chocolate mixture and vanilla. Cool before spreading on the cake.

COFFEE-BUTTER FROSTING

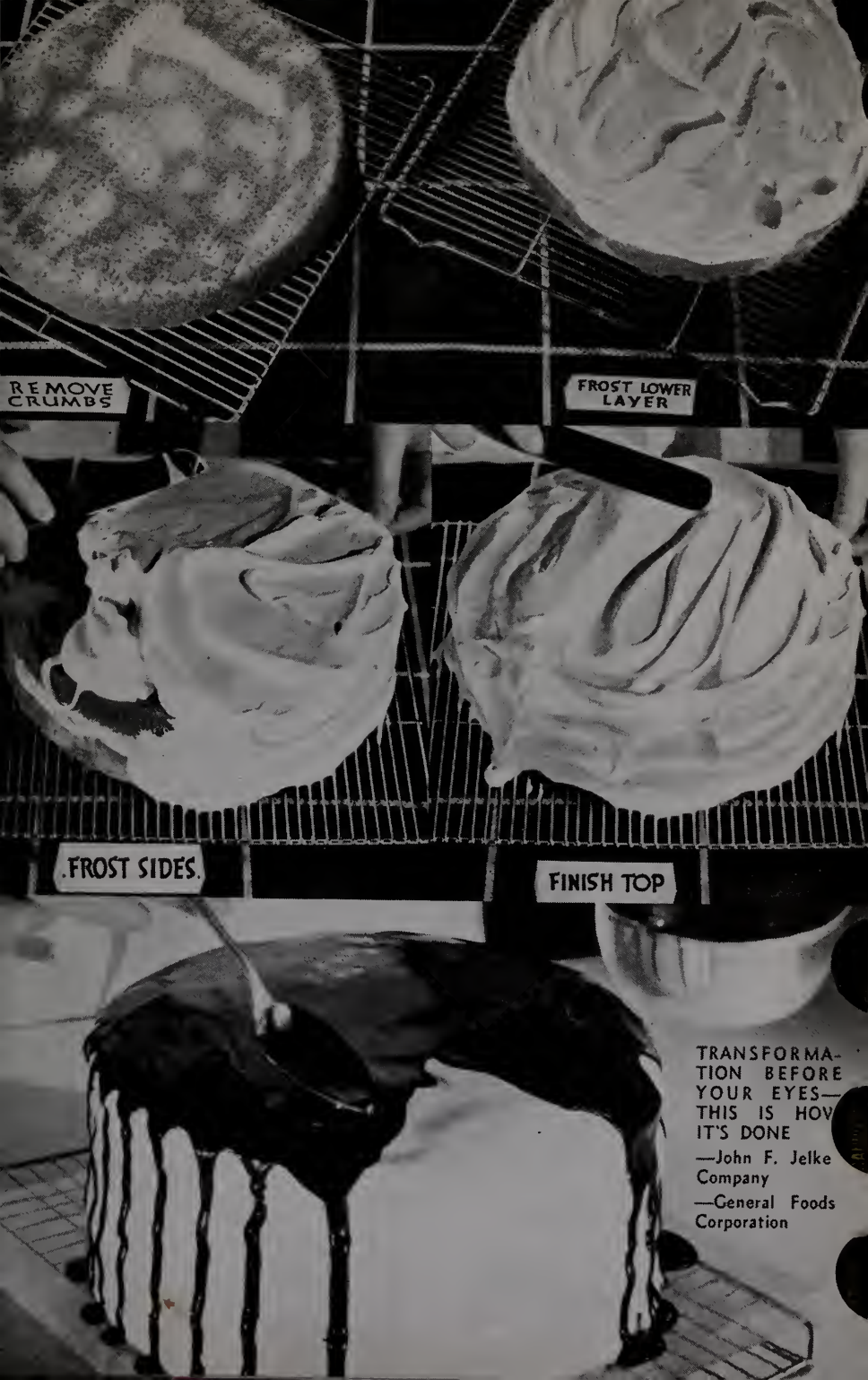
1½ cups confectioners' sugar
1 tablespoon dry cocoa
⅓ cup butter
1 tablespoon strong coffee

Cream the butter and add gradually the sugar and cocoa mixed together. Beat well. Stir in the coffee. Ornamental designs may be made by forcing the frosting through a pastry-bag or syringe, using the various tips to produce the desired designs.

FUDGE FROSTING

2 cups sugar
½ cup milk
1½ tablespoons butter
2 squares chocolate
1 tablespoon corn sirup
1 teaspoon vanilla
6 marshmallows or 2 heaping tablespoons marshmallow whip

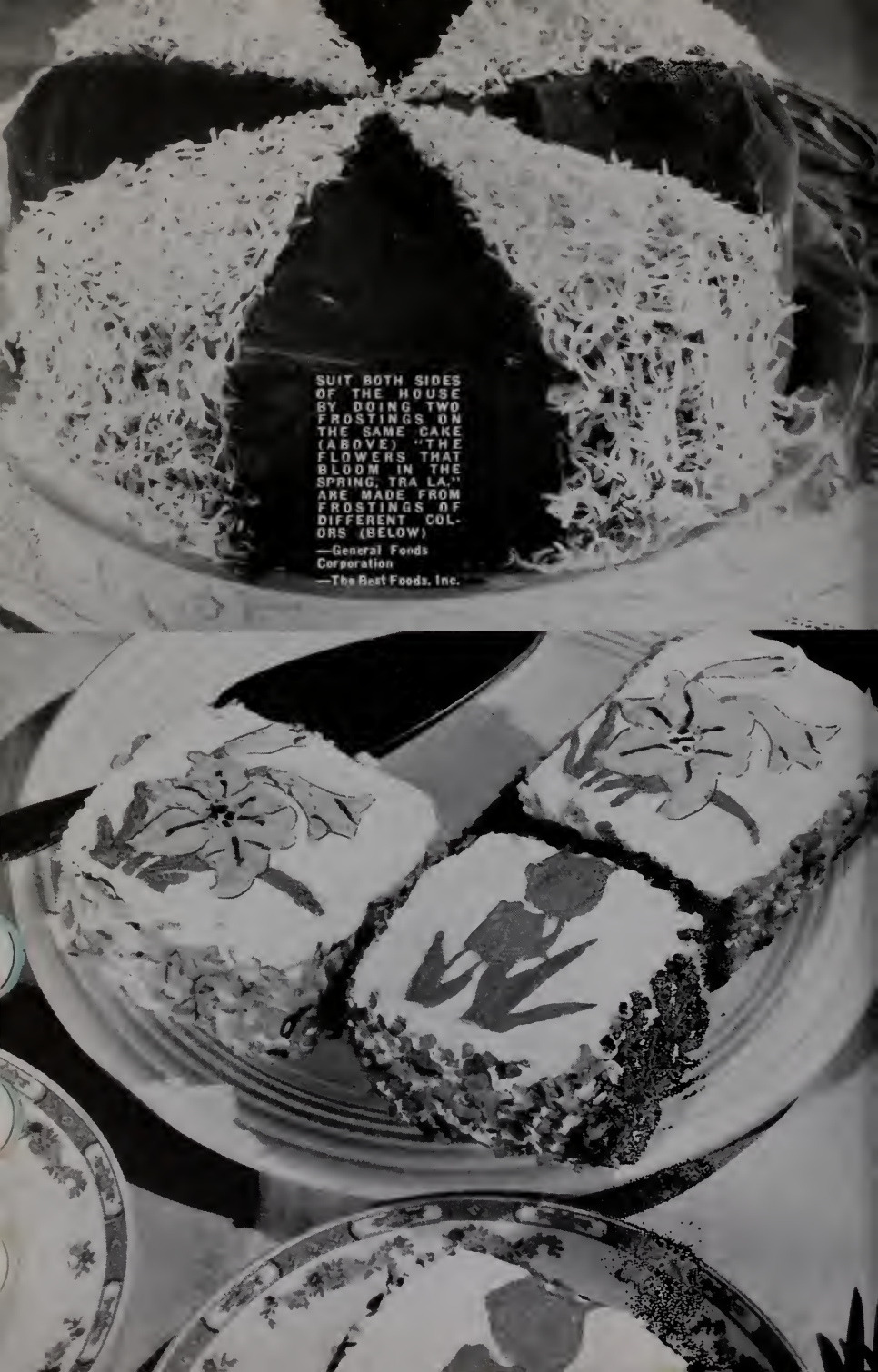
Put first five ingredients into a saucepan and boil to soft ball stage (234° F.). Remove from fire and stir in the marshmallows just until they dissolve. Cool and add vanilla and beat until right consistency to spread on cake.



TRANSFORMATION BEFORE YOUR EYES—THIS IS HOW IT'S DONE

—John F. Jelke Company

—General Foods Corporation



SUIT BOTH SIDES OF THE HOUSE BY DOING TWO FROSTINGS ON THE SAME CAKE (ABOVE). "THE FLOWERS THAT BLOOM IN THE SPRING, TRA LA," ARE MADE FROM FROSTINGS OF DIFFERENT COLORS (BELOW)

—General Foods Corporation
—The Best Foods, Inc.

HONEY FROSTING

1 cup honey
2 egg-whites

Boil the honey about ten minutes (238° F.). Remove from the fire and cool while the egg-whites are beaten stiff, then pour the honey in a thin stream over them, beating the mixture constantly until thick enough to spread. Cool before spreading.

MAPLE-SUGAR FROSTING

No. 1.

2 cups maple sugar
1 cup cream

Break the maple sugar into small pieces, put into a saucepan and heat slowly with the cream. Stir until the sugar is thoroughly dissolved, then boil without stirring until a soft ball can be shaped between the fingers when the mixture is tried in cold water (238° F.). Care must be taken not to have the heat too great, as this mixture will burn easily. Remove from the fire and beat until thick enough to spread.

No. 2.

¾ cup maple-sirup
¼ cup sugar
1 egg-white

Cook the sirup and sugar together until it spins a thread (220° F.) when dropped from a spoon. Pour this sirup slowly over the beaten egg-white and beat until cold. This icing is quickly made and may be used to give a maple flavor to simple, inexpensive cakes or cookies.

No. 3.

2 cups maple sugar
2 egg-whites
½ cup boiling water

Make a sirup of the maple sugar and water and boil to the soft-ball stage (238° F.), remove from the fire and cool while the egg-whites are beaten stiff, then pour the sirup in a thin stream, over the stiff whites, beating the mixture until it is thick enough to spread. A rough surface may be obtained by spreading the top of the cake with the back of a spoon before the frosting is set.

MAPLE MARSHMALLOW FROSTING

1 cup maple sugar
½ cup boiling water
2 egg-whites
6 marshmallows or 2 tablespoons marshmallow cream
½ teaspoon vanilla

Cook the sugar and water together, stirring until the sugar is dissolved; then cook without stirring to the soft-ball stage (238° F.) add the marshmallow to the hot sirup, pressing it under the surface so that it will melt. If marshmallow candies are used, cut them into small pieces. Pour the sirup in a thin stream on to the stiffly beaten egg-whites, beating the mixture constantly with a spoon. Add vanilla. Cool before spreading.

MARSHMALLOW-CREAM FROSTING

¾ cup sugar
¼ cup milk
2 tablespoons hot water
6 marshmallows or 2 tablespoons marshmallow cream
½ teaspoon vanilla

Put the milk and sugar into a saucepan, bring slowly to the boiling-point and boil for five minutes. Place the marshmallow in a double boiler with hot water and vanilla. Stir until the mixture is smooth, then add the milk and sugar sirup gradually, stirring constantly. Beat until cool, then spread.

MILK FROSTING

1 teaspoon butter
1½ cups sugar
½ cup milk
½ teaspoon vanilla

Put the butter into a saucepan and, when it is melted, add the sugar and milk. Stir until the boiling-point is reached and then boil for ten minutes without stirring (235° F.). Remove from the fire, add vanilla, and beat until of spreading consistency.

MOCHA FROSTING

1½ teaspoons Mocha extract or strong coffee
1 cup confectioners' sugar
2 tablespoons water

Mix the extract or coffee with the sugar and stir into the water, gradually, rubbing out all lumps. After the frosting is spread on the cake, three-fourths of a cup of chopped nutmeats may be sprinkled over the top.

COOKIES, DOUGHNUTS, GINGERBREAD AND SMALL CAKES

Cookies

COOKIE doughs range from very soft to very stiff. Whatever the degree of stiffness, a cookie dough is always easier to handle if it is allowed to stand for a time (ten to thirty minutes) in a cold place before it is rolled. This allows the moisture to be thoroughly absorbed and hardens the fat, and both of these conditions tend to prevent the dough from being sticky even though it is soft.

MATERIALS USED IN COOKIES—Butter or any other shortening preferred may be used in cookies. See Index for materials used in cake making.

SOFT DOUGHS may be dropped from a spoon on to a baking-sheet or may be rolled and shaped with a cutter, a knife or a pastry wheel. They are more difficult to roll out than stiff doughs, and some practise is necessary to obtain perfect results in manipulating them in this way.

STIFF DOUGHS are usually rolled out and shaped by cutting. Sometimes they are made into small balls and flattened by pressure from the hand, a broad knife or a rolling-pin.

Rolling and Cutting Cookies

IN ROLLING ANY DOUGH, take out on the lightly floured board only as much as can be handled easily. Flour the rolling-pin and use only as much pressure as is necessary to spread the dough out into a sheet of the desired thickness. If the dough is too soft to be rolled, more flour may be worked in, but the texture of the finished cookie will be harder in proportion to the amount of flour added.

DIP THE CUTTER, knife or wheel in flour, and cut the shapes as close together as possible. Lift the cookies on a broad knife or spatula and lay them on a greased baking-sheet, allowing a little space between for possible spreading.

Save all the Trimmings for the last rolling. The last cookies will not be of the same texture as the first because of the extra flour which will be worked into the dough in the process of mixing the trimmings into a mass to be rolled again.

FROSTED DELIGHTS

½ cup shortening
1 cup granulated sugar
2 eggs
½ teaspoon salt
1½ cups pastry or cake flour
1 teaspoon baking powder
½ teaspoon vanilla extract

Cream shortening and sugar until light and fluffy. Add beaten eggs and sifted dry ingredients. Add vanilla and mix well. Spread the batter onto a baking sheet as thinly as possible and frost with the following:

Remove lumps from 1 cup brown sugar and fold into 1 stiffly beaten egg white. Spread onto cookie batter, sprinkle with 1 cup chopped nuts and bake in moderate oven (325° F.) 30 minutes. Cut in squares. Makes 24 to 36.

SUGAR COOKIES

⅔ cup shortening
1 cup sugar
2 eggs
3 cups flour
2 teaspoons baking-powder
⅓ cup milk
½ teaspoon salt
½ teaspoon vanilla

Cream the shortening and mix well with the sugar, add the beaten egg, then the flour, baking-powder and salt sifted together, alternating with the milk. Roll and cut in any desired shape. Sprinkle with sugar before baking. Bake in a moderate oven (350°-375° F., 10-12 minutes).

RICH COOKIES

½ cup shortening
⅓ cup sugar
1 egg well beaten
¾ cup flour
½ teaspoon vanilla
Raisins, nuts or citron

Cream the shortening, add sugar gradually, egg, flour, and vanilla. Drop from tip of spoon in small portions on buttered sheet two inches apart. Spread thin with a knife first dipped in cold water and bake quickly at 375° F. Put four Sultana raisins on each cookie, almonds blanched and cut in strips, or citron cut in small pieces.

SAND TARTS

½ cup shortening
1 cup sugar
1 egg
1¾ cups flour
2 teaspoons baking-powder
¼ teaspoon cinnamon
Nuts or raisins

Cream shortening, add sugar slowly, then the unbeaten egg. Sift in the flour and baking-powder, and add more flour if necessary to make a stiff dough. Roll out very thin. Cut with a doughnut cutter. Sprinkle with sugar and cinnamon, and, if desired, decorate with nuts or fruit. Bake in a moderate oven (350°-375° F., 10-12 minutes).

CARAWAY COOKIES

½ cup shortening
1 cup sugar
1 egg
2 cups flour
2 teaspoons baking-powder
½ teaspoon salt
¼ cup milk
1½ tablespoons caraway seeds

Cream the shortening with the sugar; add beaten egg. Mix and sift the flour, baking-powder, and salt, and add alternately with the milk to the first mixture. Add caraway seeds. Toss on lightly floured board. Roll out about one-half inch thick and cut in fancy shapes. Place on greased baking-sheet and bake in moderate oven (350° F.).

ICEBOX COOKIES

¾ cup butter
¾ cup other shortening
2 cups medium brown sugar
4 eggs
1 teaspoon salt
1 teaspoon cinnamon
2 teaspoons baking-powder
5 cups flour

Cream the shortenings together and with the sugar. Add the well-beaten eggs and beat well. Sift all the dry ingredients together and add to the first mixture. Pack the dough into a butter carton, or form into roll. Wrap in wax paper and put in the coldest part of the refrigerator for several hours. Slice as thin as possible with a very sharp knife, place on a greased baking-sheet, and bake for ten minutes in a moderate oven (375° F.). A part of the mixture may be baked and the remainder kept in the refrigerator for later use.

LEMON WAFERS

1 cup shortening
2 cups sugar
3 eggs
3 tablespoons lemon-juice
Flour

Cream the shortening, add the sugar, the well-beaten eggs, and the lemon-juice. Stir in only enough flour to make as soft a dough as can be rolled. Roll very thin and shape with a cutter. Bake in a moderate oven (350°-375° F., 10-12 minutes).

FILLED COOKIES

1 cup sugar
⅔ cup shortening
2 eggs
⅓ cup milk
3 cups flour
3 teaspoons baking-powder
½ teaspoon salt
1 teaspoon vanilla

Mix ingredients in order given, sifting the flour with the baking-powder and salt before adding it. Roll thin, cut, and put in greased pans. Place a teaspoon of filling on each, not allowing it to spread to the edge, place another cookie on top, press down the edges, and bake in shallow pans in a quick oven (400°-425° F., 10-15 minutes).

FILLING—

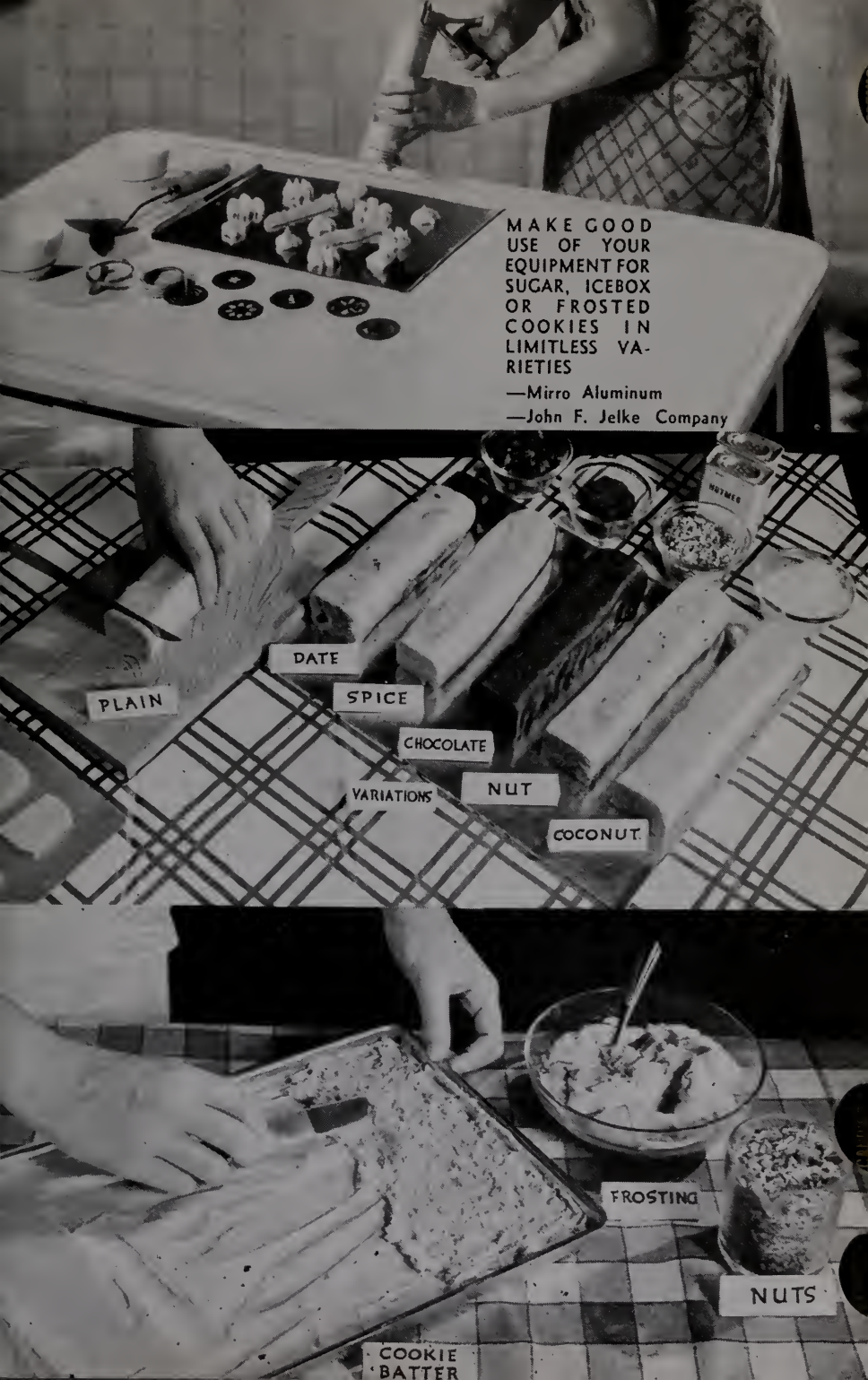
½ cup sugar
1 tablespoon flour
½ cup water
1 cup chopped raisins, dates, figs, prunes, apricots or marmalade

Mix sugar and flour together, add to the other ingredients, and cook until thick, stirring constantly.

BROWN SUGAR COOKIES

2 cups brown sugar
1 cup melted shortening
3 eggs
¼ cup milk
1 teaspoon vanilla
2 teaspoons baking-powder
Flour to mix stiff

Mix ingredients in order given. Add just enough flour to roll. Cut into shapes as desired. Sprinkle with brown sugar, and bake in a moderate oven (350°-375° F., 10-12 minutes).


MAKE GOOD USE OF YOUR EQUIPMENT FOR SUGAR, ICEBOX OR FROSTED COOKIES IN LIMITLESS VARIETIES
—Mirro Aluminum
—John F. Jelke Company
PLAIN
DATE
SPICE
CHOCOLATE
NUT
COCONUT
VARIATIONS
FROSTING
NUTS
COOKIE BATTER

USE THE PASTRY TUBE FOR MERINGUES AND GAY LITTLE CAKES FOR GALA OCCASIONS
—The Palmer House
—Wheat Flour Institute
FOR THAT CLEVER TOUCH, COOKIE CUTOUTS TO MATCH THE MOOD OF YOUR PARTY
—Wheat Flour Institute

CHOCOLATE DROP COOKIES

2 squares chocolate
½ cup shortening
1 cup brown sugar
½ teaspoon soda
1 egg
2 cups flour
½ cup sweet milk

Melt the chocolate and add to the melted shortening. Add sugar, egg and milk, then the soda and flour sifted together. Drop by spoonfuls on greased pans, and bake in a moderate oven (375°-400° F., 12-15 minutes). Frost, if desired.

BROWNIES

2 squares chocolate
¼ cup shortening
1 cup white sugar
1 egg
½ teaspoon salt
½ cup flour
½ cup nuts

Melt chocolate and add it to the melted shortening. Add sugar, egg, salt and flour and chopped nuts. Pour into greased baking-pans, and bake in a moderate oven (350°-400° F.) about twenty minutes. They will look half baked, but mark off in squares or strips when you take them from the oven, and they will harden as they cool. Remove from the pans when cool. Serve with afternoon tea. These resemble fudge in taste and appearance.

NUT COOKIES

¼ cup shortening
½ cup sugar
2 eggs
1 cup flour
1 teaspoon vanilla or almond
2 teaspoons baking-powder
½ teaspoon salt
1 tablespoon milk
1 cup chopped nuts

Cream shortening and sugar, add eggs well beaten. Sift dry ingredients together and add alternately with milk. Stir in nuts and flavoring and mix well. Drop from teaspoon on a greased baking-sheet and place a nut on top of each. Bake in a moderate oven (375°-400° F., 12-15 minutes). This makes about three dozen cookies.

CRISP GINGER COOKIES

⅔ cup sugar
1 cup molasses
1 cup shortening
1 teaspoon soda
2 teaspoons ginger
¼ cup vinegar
Flour to mold

Mix sugar, molasses and vinegar. Add melted shortening. Sift soda and ginger with one cup of flour and add mixture. Add enough flour to roll very thin. Bake in a moderate oven (375° F.) watching carefully, as ginger cookies burn rather easily.

PEANUT COOKIES

¼ cup shortening
1 cup brown sugar
2 eggs
¼ cup milk
½ teaspoon salt
2 cups flour
2 teaspoons baking-powder
1 cup chopped peanuts

Melt shortening; add brown sugar, eggs and milk. Add sifted salt, flour and baking-powder, and chopped peanuts. Drop by teaspoonfuls on greased pans, an inch or two apart. Place a half peanut on each and bake in a quick oven (400° F.).

SOFT MOLASSES COOKIES

1 cup shortening
⅔ cup sugar
1 cup molasses
¼ cup sour milk
2 teaspoons soda
1 teaspoon ginger
½ teaspoon salt
2½ cups flour

Cream the shortening and the sugar and add the molasses and milk. Mix well and add dry ingredients mixed and sifted together. Mix thoroughly. Roll the dough thin and cut in rounds. Chilling the dough before rolling makes it easier to handle. Bake in greased sheet in moderate hot oven (375° F.).

GINGER SNAPS

1 cup molasses
½ cup shortening
¼ teaspoon salt
3 cups flour
1 teaspoon soda
2 teaspoons ginger

Heat the molasses and shortening. Mix and sift the dry ingredients and add to first mixture. Thoroughly chill, toss on

lightly floured board, and roll out very thin. Cut as desired. The bowl containing the remaining dough must be kept in a cool place or it will be necessary to add more flour. Excess flour will make the cookies hard and unattractive. Put on greased baking-sheet and bake in a moderate oven (375° F., 8-10 minutes).

SOUR MILK JUMBLES

1 cup shortening
2 cups sugar
3 eggs
1 cup sour milk
6 cups flour
2 teaspoons baking-powder
½ teaspoon salt
½ teaspoon soda
½ nutmeg, grated

Cream the shortening with the sugar and add the eggs, well beaten. Mix and sift the dry ingredients and add them to the sugar and shortening alternately with the milk. Roll out in a thick sheet and cut with a doughnut cutter. Bake in a moderate hot oven (375° F.).

RAISIN ROCKS

1 cup shortening
1 cup brown sugar
1 teaspoon salt
Flour
1 teaspoon ginger
1 teaspoon soda
2 cups molasses
1 cup seeded raisins

Put the shortening, sugar, molasses, ginger and salt into a saucepan together. Stir the mixture until it boils; then boil it five minutes. Pour into a bowl and stir in flour and soda sifted together until it is just stiff enough to drop from a spoon. Add the raisins and drop by spoonfuls on to a greased shallow pan. Bake the rocks in a moderate oven (375°-400° F.).

MAPLE-SUGAR ROCKS

1 cup shortening
1 teaspoon cinnamon
1 cup walnuts
3 eggs
1½ cups maple sugar
2½ cups flour

Melt shortening, add crushed maple sugar, eggs, and cinnamon. Mix together and add chopped nuts and flour. Drop by spoonfuls on greased pans, and bake in a moderate oven (375°-400° F.).

HERMITS

½ cup shortening
½ cup sugar
2 eggs
2 tablespoons milk
1 cup chopped raisins
1 tablespoon molasses
1 teaspoon each of various desired spices
2 teaspoons baking-powder
Flour

Cream shortening, add sugar gradually. Add eggs, molasses, milk and raisins. Sift baking-powder and spices with one cup of flour, and mix all thoroughly. Add enough flour to make quite a stiff dough, and roll. Bake in a moderate oven (375°-400° F.).

HONEY HERMITS

1⅓ cups strained honey
⅓ cup shortening
2 eggs
½ cup milk
½ teaspoon salt
1 cup chopped raisins
1½ teaspoons cinnamon
½ teaspoon cloves
3½ cups flour
4 teaspoons baking-powder

Mix strained honey and melted shortening. Add eggs, milk, salt and raisins. Sift cinnamon, cloves, and baking-powder with the flour. Beat well, and drop on a greased pan. Bake in a moderate oven (375°-400° F.) until brown.

HONEY GINGERNUTS

1 cup strained honey
1 cup sugar
1 cup melted shortening
2 teaspoons baking-powder
1 egg
1 tablespoon ginger
1 cup chopped nuts
Flour

Mix honey, sugar, melted shortening and beaten egg. Add chopped nuts, then baking-powder and ginger sifted with one cup of flour. Add more flour to make a batter of the right consistency to drop from a spoon on to a greased pan. Bake in a moderate oven (375°-400° F.).

ROLLED OATS COOKIES

1 cup sugar
½ cup molasses
1 cup shortening
2 eggs
¼ cup sweet milk
2 teaspoons ground cinnamon
1 teaspoon ground cloves
½ teaspoon soda
2 cups flour
1 cup chopped raisins sprinkled with 2 tablespoons flour
2 cups rolled oats

Mix ingredients in the order given. Melt the shortening before adding it, and sift the soda and spices with the flour. Drop by teaspoonfuls on greased pans and bake in a moderate oven (375°-400° F.).

Doughnuts, Crullers and Sweet Fritters

DOUGHNUTS

Sweet Milk—

2 tablespoons shortening
1 cup sugar
3 eggs
1 cup milk
3 teaspoons baking-powder
1 teaspoon salt
½ teaspoon nutmeg
½ teaspoon lemon extract
Flour

Beat the eggs till very light, add the sugar and when foamy add the melted shortening. Sift the baking-powder, salt and nutmeg with one cup of flour and stir into first mixture, alternating with the milk. Add the lemon flavoring and just enough flour to make a soft dough which can be handled. Roll out three-fourths inch thick on a lightly floured board. A soft dough makes light, tender doughnuts when cooked. Fry in deep fat (360°-370° F.) and drain on unglazed paper. If you have no thermometer test the fat for temperature as directed on page 26.

Sour Milk—

1 cup sugar
2 tablespoons sour cream or shortening
3 eggs
1 cup sour milk
½ teaspoon soda
1 teaspoon baking-powder
½ teaspoon salt
½ teaspoon lemon extract
½ teaspoon nutmeg
4½ cups flour (more or less)

Mix the sugar with the cream and add the beaten eggs and sour milk. Sift the other dry ingredients with one cup of flour

and add to the first mixture. Add additional flour to make a dough just stiff enough to handle. Toss on a floured board, roll out, and cut. Fry in deep fat (360°-370° F.). If you have no thermometer, test temperature of fat as directed on page 26. Drain on unglazed paper. When cold, roll in powdered sugar.

Raised—(The recipe for raised doughnuts is given on page 114.)

CRULLERS

¼ cup shortening
1 cup sugar
2 eggs
1 cup milk
3½ teaspoons baking-powder
¼ teaspoon grated nutmeg
½ teaspoon salt
Flour

Cream the shortening. Add sugar; then the well-beaten eggs. Sift the baking-powder, nutmeg, and salt with one cup of flour and add alternately with the milk to the first mixture. Add additional flour to make a dough stiff enough to handle. Toss on floured board, roll one-half inch thick and cut into strips. Twist and fry in deep fat (360°-370° F.). If you have no thermometer, test temperature of fat as directed on page 26. Drain on unglazed paper and when cold roll in powdered sugar. This recipe makes about three dozen crullers.

FRITTER BATTER

1⅓ cups flour
¼ teaspoon salt
2 teaspoons baking-powder
1 egg
⅔ cup milk
2 tablespoons powdered sugar (for sweet fritters only)

Sift dry ingredients, add egg, well beaten, and milk. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin, add more flour; if too thick, add more liquid.

APPLE FRITTERS

1 cup milk
2 eggs
1 teaspoon sugar
Salt
2 cups flour
1 tablespoon baking-powder
Apples

To the milk add the well-beaten egg-yolks and the sugar, then the flour mixed and sifted with the baking-powder and

the salt. Then fold in the stiffly beaten whites. Add sliced sour apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat (360°-370° F.) and fry two to three minutes. Serve with powdered sugar or foamy sauce.

BANANA FRITTERS

6 bananas
2 tablespoons sugar
3 tablespoons orange-juice
Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange-juice and let them stand for one hour. Drain the fruit, dip in batter and fry in deep fat (360°-370° F.) from two to three minutes. Serve with powdered sugar or foamy sauce.

PEACH FRITTERS

Peaches
Fritter batter
Powdered sugar

Peel the peaches, split them in two, remove the stones, sprinkle powdered sugar over them, dip each piece into fritter batter and fry two to three minutes in deep fat (360°-370° F.). Serve with powdered sugar or foamy sauce.

RASPBERRY FRITTERS

1 cup flour
1 teaspoon baking powder
1 teaspoon salt
2 tablespoons sugar
2 eggs
2 to 3 tablespoons water
1 cup raspberries

Sift together flour, baking powder and salt. Add sugar, egg-yolks and water. Fold in the stiffly beaten egg-whites and the raspberries leaving the fruit as nearly whole as possible. The amount of water may vary somewhat. The batter should be thin enough to fold in the fruit, but thick enough to hold together well; otherwise, the fruit in cooking will soften it too much.

Drop the fritter mixture from a tablespoon into deep fat (360°-370° F.) and fry until brown, turning once. Serve with powdered sugar or foamy sauce.

Gingerbread and Small Cakes

GINGERBREAD

SUGAR AND MOLASSES—

½ cup molasses
½ cup sugar
½ cup melted shortening
½ cup sour milk
1 egg
½ teaspoon soda
1 cup flour
1 teaspoon ginger
2 teaspoons cinnamon
Nutmeg

Mix ingredients in order given, sifting the soda with the flour before adding it. Bake in a moderate oven (350°-375° F.) in a greased shallow pan or in muffin-tins. Care must be taken to prevent burning.

Gingerbread makes a delicious dessert served with whipped cream.

SOFT MOLASSES—

¼ cup shortening
1 cup molasses
1 tablespoon vinegar
1 egg
1 teaspoon soda
½ teaspoon salt
1 tablespoon ginger
1 cup sour milk
2 cups flour

Melt the shortening; add the molasses, vinegar, and beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Pour into a greased pan and bake thirty to forty minutes in a moderate oven (350°-375° F.). Batter should be just thin enough so that the track left by the spoon in stirring disappears at once.

HOT WATER—

½ cup shortening
½ cup boiling water
1 cup molasses
2½ cups flour
1½ teaspoons ginger
1 teaspoon soda
½ teaspoon salt

Melt the shortening in the boiling water. Add molasses. Sift the dry ingredients together and add them to the mixture. Beat vigorously. Put in a greased pan and bake in a moderate oven (350°-375° F.) thirty to forty minutes.

NUT CAKES

2 eggs
½ cup molasses
½ cup sugar
1 cup flour
2 teaspoons baking-powder
½ teaspoon salt
1 tablespoon shortening
½ cup chopped nut-meats

Beat the eggs slightly and add the molasses and sugar. Mix and sift the flour, baking-powder and salt, and stir them into the first mixture. Add melted shortening and nuts, and half fill shallow greased molds with the mixture. Place a nut-meat in the center of each. Bake in a moderate oven (375° F.) for twenty-five minutes.

TEA CAKES

2 tablespoons melted shortening
½ cup sugar
1 egg
1 cup milk
3 teaspoons baking-powder
2 cups flour
1 cup chopped nuts

Cream the shortening with the sugar; add the beaten egg; then add the milk alternately with the sifted ingredients. Add the floured nuts last. Bake in greased muffin-pans in a moderate oven (375° F.). Split each cake, butter it, and sprinkle with sugar and cinnamon or with grated maple sugar and chopped nuts. Serve hot with afternoon tea.

LITTLE CHOCOLATE CAKES

¼ cup shortening
1 cup sugar
½ cup milk
2 eggs
2 squares melted chocolate
1 cup flour
1 teaspoon baking-powder
1 teaspoon vanilla

Cream the shortening, add the sugar slowly, then the beaten egg-yolks. Melt the chocolate and add. Add flour and baking-powder sifted together, alternating with milk, then add vanilla and fold in stiffly beaten egg-whites. Bake in greased muffin-pans in a moderate oven (375° F.).

MOCHA TORTE

4 eggs
1 cup sugar
1 tablespoon melted butter
1 cup ground nuts
½ cup flour
½ teaspoon vanilla
1 teaspoon baking-powder
½ teaspoon salt

Separate the eggs and add sugar to the yolks, beating until creamy. Beat in the butter and add the flour sifted with the baking-powder and salt. Add vanilla. Beat the whites of the eggs, then add the ground nuts, stirring them into the first mixture. Bake in two layers for fifteen minutes in a moderate oven (350° F.).

FILLING—

½ pint cream
1 tablespoon essence of coffee
1 tablespoon confectioners' sugar

Beat the cream until it is stiff enough to hold its shape, add the coffee and sugar and put the filling between and on top of the layers. Use a pastry tube to make it decorative.

PETITS FOURS

4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoons corn-starch
1 cup flour
1½ teaspoons baking-powder
¼ teaspoon salt
Flavoring

To the beaten yolks of the eggs, add sugar and cold water. Sift the corn-starch with the flour, baking-powder and salt. Add to first mixture. Beat well and add the stiffly beaten whites of the eggs and any flavoring desired. Bake for one-half hour in a moderate oven (375° F.) in shallow pans. When cool, cut in small circles, split, scoop out a little of the crumb from the center of each and fill cavities with whipped cream, custard, or any preferred filling. Press together in pairs, dip in melted fondant, decorate with nuts, glacé fruits, and so forth, and place each little cake in a paper case.

HALLOWE'EN CAKES

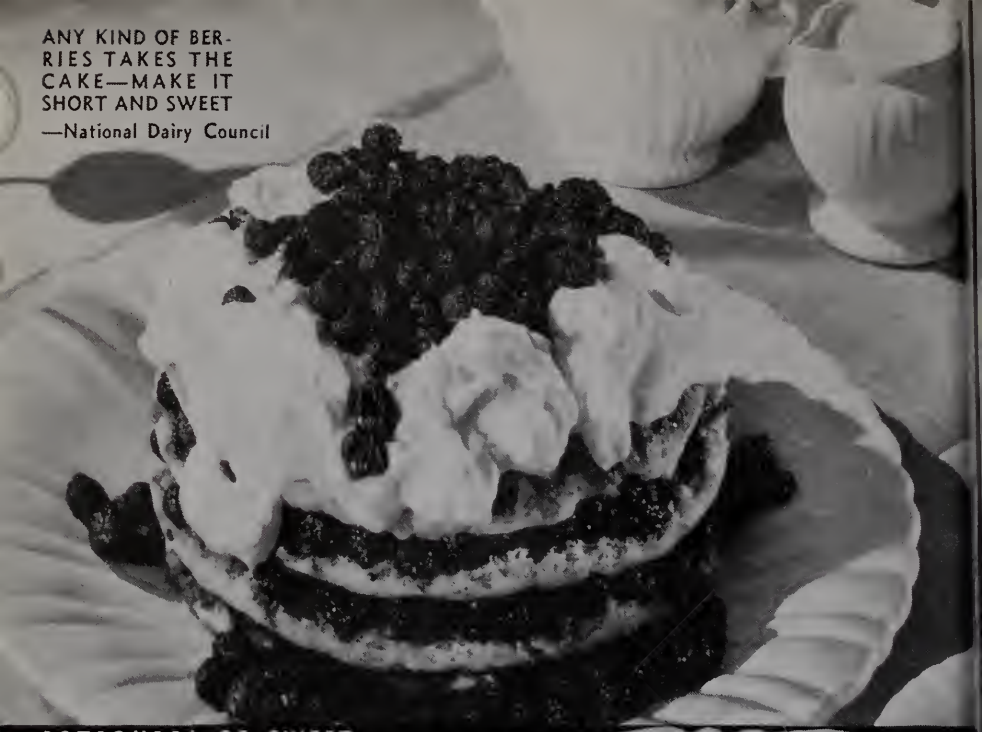
Cover the bottom of individual cake-tins with any good plain cake batter, place a prepared emblem in the center of each and cover with batter, filling tins not more than two-thirds full.

A GLAMOROUS CREAM-FILLED TORTE COMES FORTH IN A BLAZE OF GLORY TO SHED ITS RADIANCE ON YOUR ANNIVERSARY OR JUNIOR'S BIRTHDAY

—Irradiated Evaporated Milk Institute

GAY LITTLE PLUM PUDDINGS TO SPREAD HOLIDAY SPIRITS AND CHEER

—Corning Glass Works



ANY KIND OF BERRIES TAKES THE CAKE—MAKE IT SHORT AND SWEET
—National Dairy Council

POTPOURRI OF SWEET-TOOTH TEMPTERS, COLORFUL AND DELECTABLE
—Corn Products Refining Co.

Bake in an oven registering 375° F. till browned and firm to the touch. Remove from tins and, when almost cold, cover with a boiled frosting. Let threads of frosting fall irregularly over the top to suggest "cobwebs in the sky." While the frosting is still soft, stick a tiny orange-colored candle in the top and press a black-cat cut-out against one side.

To Prepare Emblems—Sterilize small rings, thimbles, coins, china dolls *(no lead toys)* or other appropriate bits in boiling water. Dry and wrap closely in waxed paper.

MARSHMALLOW FIG CAKES

Angel cake
Chopped figs
Sirup of preserved ginger
Marshmallows
Maraschino cherries

Cut slices of angel cake into rounds. Moisten the figs with the ginger sirup, and spread the paste over each round of cake. Place a marshmallow in the center of each and bake in a moderate oven (375° F.) until the marshmallows spread. Decorate with maraschino cherries.

DATE SURPRISE

Bake any good plain cake batter in a cake-tin with a center tube or remove the centers from cup cakes. Cover the outside with plain white icing and fill the centers with date filling. Garnish with whipped cream and candied cherries.

Date Filling—

1 cup steamed and chopped dates
½ cup chopped walnuts
½ teaspoon vanilla
6 marshmallows cut in small pieces
1 cup sweetened whipped cream

CREAM PUFFS

1 cup boiling water
½ cup shortening
1 cup flour
4 eggs

Add the boiling water to the shortening, bring to a boil and stir in the flour thoroughly. Remove from the fire, let the mixture cool slightly and add the eggs one at a time, beating in each one for some time before adding the next. Drop by

spoonfuls on a greased pan about two inches apart, shaping into a circular form and having the batter a little higher in the center. Bake one-half hour in a moderate to slow oven (400° F. for ten minutes then reduce to 350° F.). If these cakes are removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed.

Cool; cut a slit in one side, and fill with cream filling, whipped cream, or a fruit mixture.

Cream puffs and éclairs make an excellent foundation for a great variety of desserts. Split them open; fill with any kind of ice-cream; cover with any sauce or combination of sauces. Serve immediately.

ÉCLAIRS

Make cream-puff batter (sometimes called choux paste) and press it through a pastry bag on to a greased tin, forming strips three and one-half inches long and one inch wide. Keep the strips a little distance apart. Bake and cool as directed for cream puffs, then split lengthwise, and fill with cream filling or whipped cream. Frost the top half of the éclairs by dipping while hot into boiled frosting, flavored with chocolate, vanilla, or coffee.

LADY FINGERS

5 tablespoons powdered sugar
3 egg-whites
2 egg-yolks
½ teaspoon vanilla
⅓ cup flour
¼ teaspoon salt

Add the powdered sugar to the stiffly beaten egg-whites. Add to these the two well-beaten yolks and the vanilla extract. Fold in the flour, which has been sifted twice with the salt. Line a pan with paper but do not grease it. Press the batter through a pastry bag on to the paper, forming strips four inches long and one inch wide. Sprinkle with powdered sugar and bake in a slow oven (300°-325° F.) for ten minutes.

SPONGE DROPS

Form lady-finger batter in a circular shape; bake, and dip the tops of the cakes into boiled frosting of any flavor.

MERINGUES AND KISSES

2 egg-whites
½ to ⅝ cup powdered sugar
Pinch of salt
½ teaspoon vanilla or 1 tablespoon lemon-juice

Beat the egg-whites stiff, adding the salt. Add two-thirds of the sugar gradually, beating constantly, and fold the rest carefully into the mixture. Heap in rounds or press through a pastry bag on to a wet board covered with an ungreased paper.

Bake on the board in a very slow oven (250°-300° F.) from forty to sixty minutes. The kisses should be very light brown and quite dry. If they adhere to the paper, moisten the other side of the paper by placing it on a wet cloth, and they will slip off easily.

The smaller shapes or kisses may be stuck together in pairs with a little white of egg. The meringues, which are usually made larger, may be scooped out and filled with ice-cream or whipped cream. Filled with ice-cream, they are known as *meringues glacées.*

COCONUT KISSES

4 egg-whites
½ pound powdered sugar
½ teaspoon lemon extract
Moist coconut

Beat the egg-whites stiff, add sugar and beat until light and white, then add the lemon extract, and enough coconut to make it as thick as can be easily stirred with a spoon. Drop on greased paper and bake in a slow oven (250°-300° F.).

KORNETTES

1 egg-white
⅓ cup light brown sugar
2 teaspoons shortening
¾ cup chopped pop-corn
¼ teaspoon salt
½ teaspoon vanilla

Beat the white of the egg very stiff and, still beating, mix in the sugar. Melt the shortening and into this stir the chopped pop-corn, salt and vanilla. Fold the two mixtures together and drop by spoonfuls on a greased baking-sheet. Bake in a slow oven (250°-300° F.).

RAISIN NUT DELIGHTS

3 egg-whites
½ cup granulated sugar
½ cup broken pecans
½ cup seeded raisins

Beat the egg-whites until they are stiff enough to hold their shape, then beat in the sugar gradually. Fold in the nuts and raisins and drop from a spoon on to the baking-pan. Bake in a slow oven (250°-300° F.).

MACAROONS

Almond—

½ pound sweet almonds
2 egg-whites
½ pound powdered sugar

Blanch the almonds and pound them to a paste; add the sugar and stiffly beaten egg-whites. Work the whole together with the back of a spoon, then roll the mixture in the hands to form balls about the size of a nutmeg. Lay them on a paper at least an inch apart, and bake in a slow oven (250°-300° F.) until light brown.

Coconut—

1 egg-white
1¼ cups moist coconut
⅓ cup condensed milk
½ teaspoon vanilla

Beat the egg-white until stiff, then fold it into the mixture of coconut and condensed milk. Add flavoring. Drop by spoonfuls on a greased baking-sheet and shape into cakes. Bake in a slow oven (250°-300° F.) until lightly browned.

Brown Sugar—

1 egg-white 1 cup chopped salted nuts 1 cup brown sugar

Beat the sugar into the stiffly beaten egg-white, and add the nuts. Drop by spoonfuls on a greased pan and bake in a slow oven (250°-300° F.).

Nut Oatmeal—

1 egg
½ cup sugar
¼ teaspoon vanilla
⅔ cup rolled oats
⅓ cup chopped walnuts
¼ teaspoon salt
2 teaspoons melted shortening

Beat egg until very light, add sugar slowly, beating constantly. Add flavoring, oats, salt, nuts and melted shortening.

Drop from teaspoon on greased baking-sheet and bake in a slow oven (350° F.) until browned (about 10 minutes). Remove from pan while warm. This makes about eighteen macaroons.

LACE CAKES

2 eggs
½ cup brown sugar
1 cup rolled oats
¼ teaspoon salt
1 tablespoon butter or other shortening
½ teaspoon vanilla

Beat the eggs, add the sugar and, when these are well mixed, add the oats and salt. Melt the shortening and stir into the mixture. Add vanilla. Drop by spoonfuls on a greased baking-sheet and spread very thin with the back of the spoon. Bake in a moderate oven (350°-400° F.) ten to twelve minutes.

BUTTERSCOTCH STICKS

¼ cup butter
1 cup brown sugar
1 egg
¼ cup broken pecan meats
1 cup sifted flour
¼ teaspoon salt
1 teaspoon baking-powder
1 teaspoon vanilla

Melt butter in a saucepan, add sugar and when well blended remove from the fire and cool, in the saucepan, until lukewarm. Add unbeaten egg to mixture and beat well. Mix flour, salt and baking-powder, and add to the sugar mixture; then add the nut meats and vanilla. Spread the mixture in a shallow pan lined with plain paper which has been greased. Bake 30 minutes in a hot oven (400°-450° F.). While hot, cut into strips an inch wide and four inches long. This recipe makes about two dozen.

BRAN COCONUT DROPS

1 cup cooking bran
½ cup coconut
¼ cup sugar
2 egg-whites
½ teaspoon almond extract

Beat the egg-whites, and add the other ingredients. Drop from a teaspoon on a greased baking-sheet. Bake in a moderate oven (400° F.) until browned.

CANDIES

WHEN sugar and a liquid are boiled together, a sirup is formed which grows thicker as the boiling continues. The thickness of the sirup determines the general type of candy that will result.

Testing the Sirup

The simplest and most accurate method of determining whether the sirup is thick enough for your purpose is to measure its temperature, because the temperature rises steadily as the sirup thickens.

A CANDY THERMOMETER registering up to 350° F. is not expensive, and it will not only give you a higher average of success in candy making but will save you the time and labor that must otherwise be given to testing the sirup. A table giving the various stages of sugar cookery will be found on page 12.

IF YOU ARE NOT PROVIDED WITH A THERMOMETER, the following test will help you to determine when to take your candy from the fire.

Drop a little sirup into ice-cold water and pinch it between the thumb and finger:

Soft ball stage (for fondant and fudge) the sirup forms a soft ball which loses its shape immediately when removed from the water.

Stiff ball stage (for caramels and nougat) the sirup forms a stiff ball which retains its shape for a second or two when removed from the water and then flattens out.

Hard ball stage (for molasses taffy and soft candies to be pulled) the sirup forms a hard ball which will roll about on a cold buttered plate when removed from the water.

Light to medium crack stage (for toffee and butterscotch and hard candies to be pulled) the sirup forms spirals or threads which are brittle under water but which soften when removed from the water and stick to the teeth when chewed.

Hard crack stage (for clear brittle candies) the sirup forms spirals or threads which are brittle when removed from the water and do not stick to the teeth when chewed.

Creamy Candies—Creaminess is desirable in soft candies. "Creamy" means that the texture should be very smooth, not grainy at all; soft but not sticky. This means that the sugar must not remain as a sirup, but must crystallize. The crystals, however, must be very fine, so that they can not be felt by the fingers or in the mouth.

Creamy candy should not be overcooked. If it reaches too high a temperature, accidentally, a little water may be added and it may be recooked to the correct temperature. This does not give as good a result as one cooking to the correct temperature, but it improves a poor product.

Creamy candy should be cooled before it is beaten. Beating candy while it is hot causes large crystals to form and grainy candy results. If crystals that form on the side of the pan in which candy is cooked fall back into the candy, they tend to cause large crystals to form and to make grainy candy.

A small amount of corn sirup tends to prevent grainy candy. Creamy candies made with corn sirup will require longer beating before crystallization takes place than will candies made from all granulated sugar. They also soften more quickly on standing. If too much sirup is used, the candy will not crystallize at all and the best thing to do with it is to boil it until it reaches the proper stage for a pulled or brittle candy.

One-eighth teaspoon of cream of tartar or one-half teaspoon of lemon-juice or acetic acid to two cups of sugar may be used instead of corn sirup or glucose. They change part of the granulated sugar to glucose during the cooking process.

Ingredients Used in Candies

Sugars—Granulated, confectioners', brown and maple sugar, corn sirup, molasses, honey and maple and cane sirups are all used in candy, according to the flavor and texture desired. The light-brown sugar should be chosen rather than the darker brown, for a candy of delicate flavor. The same thing is true if corn sirup or molasses is used; the lighter color gives the less strong flavor.

Brown sugar and molasses contain an acid, which if used in candies with milk causes the milk to curdle. Therefore, candy containing these two ingredients should be stirred while it is cooking. Crystallization does not readily occur here because the milk tends to prevent it.

Other Ingredients—Nuts of all sorts, chocolate or cocoa, butter, milk, cream, egg-whites and fruits such as dates, figs, raisins and candied cherries, give special flavor or texture.

Butter is often used because of its flavor and because it tends to make a creamy product. Other mild-flavored fats may be used instead of butter, particularly in candies containing chocolate, brown sugar or molasses.

Chocolate contributes flavor and tends to make a smooth candy because of the fat it contains. Three tablespoons of cocoa and two-thirds of a tablespoon of butter may be used instead of one square of chocolate.

Fresh milk, dried milk or canned milk, sweetened or unsweetened, may be used in candies.

CHOCOLATE FUDGE

2 cups sugar
1 or 2 squares chocolate
⅛ teaspoon cream of tartar or 2 tablespoons corn sirup
⅔ cup milk
1 teaspoon vanilla
2 tablespoons butter

Mix the sugar, milk, grated chocolate, cream of tartar or corn sirup and boil rather slowly, stirring until the ingredients are well blended. Boil to the soft-ball stage (238° F.). Remove from the stove, add the butter, but do not stir it in. When lukewarm, add the vanilla and beat until it creams; that is, until the shiny appearance disappears and the fudge will hold its shape when dropped from the spoon. Spread it in a buttered pan and when it hardens mark it into squares.

MARSHMALLOW FUDGE

To the recipe for chocolate fudge add three tablespoons of marshmallow cream just after taking it from the fire. Beat well and pour into buttered pans.

MAPLE FUDGE

2½ cups maple sugar
1 cup cream or milk
½ cup boiling water
1 cup broken nut-meats

Break the maple sugar into small pieces and heat it in a saucepan with the water. When it is dissolved, add the milk. Boil to the soft-ball stage (238° F.). Remove from the fire

and cool. When it is lukewarm, beat until it creams and add the nut-meats. Spread it in a buttered pan and when it hardens mark it into squares.

DIVINITY FUDGE

2 cups sugar
½ cup corn sirup
½ cup water
¾ cup candied cherries
2 egg-whites
¾ cup blanched almonds
1 tablespoon almond or lemon extract

Put the sugar, water and corn sirup into a saucepan. Stir it while it dissolves over the fire, then let it boil without stirring to the light crack stage (265° F.). While it is cooking, beat the whites of eggs stiffly and when the sirup is ready pour it over them, beating constantly. Beat until creamy, add nuts, cherries and extract, and pour into buttered tins.

MAPLE DIVINITY FUDGE

Follow preceding recipe, using in addition one-half cup maple sirup.

OTHER VARIATIONS OF FUDGE

Brown sugar may be used partly or entirely in place of white or maple sugar. If brown sugar is used, the cream of tartar or corn sirup should be omitted.

Condensed milk may be used instead of fresh milk. It should have water added according to the directions on the can.

Peanut butter may be used instead of chocolate, using two tablespoons of the butter to each cup of sugar in the recipe. Like butter or other fat it should be added after the fudge is cooked.

Marshmallows or marshmallow cream may be added to any fudge after it has been taken from the fire. One cup of marshmallow to two cups of sugar is a good proportion.

Any kind of broken nuts, including coconut, may be added to the fudge just before it is turned into the pan.

Candied cherries, or other fruits, chopped candied orange-peel or citron may be added. Dates and raisins are often used.

Flavoring may be varied to suit. Orange extract is good with

brown sugar, chocolate or molasses. Lemon extract or lemon-juice is good in a white-sugar fudge from which the chocolate is omitted.

FUDGE-COVERED DATES

Cut dates in half, lengthwise; remove the pits and lay the halves at intervals on a greased dish. Make fudge according to any fudge recipe and drop a teaspoonful on each half date. This must be done quickly, to avoid letting the fudge harden in the pan. The hardening may be delayed by standing the pan in a larger one containing hot water.

PANOCHA

3 cups brown sugar
1 cup milk
2 tablespoons butter
1 teaspoon vanilla
1 cup nut-meats

Put the sugar and milk into a saucepan and cook to the soft-ball stage, or 238° F. Remove from the fire, add butter and vanilla, and cool without stirring. When it is lukewarm, beat until it is creamy. Stir in the broken nut-meats. Hickory nuts, walnuts or pecans are especially nice. Pour into a buttered pan and when it hardens mark into squares.

MAPLE PRALINES

2 cups sugar
⅔ cup milk
1 cup maple sirup
2 cups pecan-meats

Boil the sugar, milk and maple sirup until the mixture reaches the soft-ball stage (238° F.). Remove from the fire and cool. When it is lukewarm, beat until it is smooth and creamy. Add any kind of broken nut-meats and drop on buttered paper from the tip of a spoon, making little mounds.

FONDANT

2 cups granulated sugar
1 cup water
1 teaspoon vanilla
2 tablespoons corn sirup or
⅛ teaspoon cream of tartar

Put the sugar, corn sirup and water in a saucepan and heat slowly. Do not let it begin to boil until the sugar is dissolved. Wash down the sides of the pan with a fork wrapped in a damp

cloth or else cover and cook for two or three minutes so that the steam will carry down the crystals that have been thrown on the side of the pan. Remove the cover and continue to boil slowly without stirring to the soft-ball stage (238° F.). While cooking, keep the cover on part of the time so the steam can help to keep the crystals washed down.

Remove from the fire and pour at once on large platters or slabs which have been dipped into cold water, and let it stand until it is lukewarm. Stir with a spatula or a fork till it is creamy; then knead with the hands until it is smooth and free from lumps.

Fondant is better if allowed to ripen for several days before being used. It may be wrapped in waxed paper and put into a tightly covered jar. When it is to be used for centers of dipped bonbons the centers should be shaped by hand or in molds and allowed to stand in the air until the surface loses all stickiness. Then the shapes may be dipped into the coating.

HONEY FONDANT

2 cups granulated sugar ⅓ cup honey 1 cup water

Proceed as for plain fondant.

CANDIES MADE FROM FONDANT

Tutti-Frutti—Knead fondant and flavor with cherry or almond extract. Knead into it one-third its amount of a mixture of raisins, dates, figs, candied cherries, citron, orange-peel or other candied fruits, which have been chopped together. Shape into a flat cake and cut after it stands for an hour.

Wintergreen Creams—Melt a portion of fondant in the upper part of a double boiler until it is soft enough to drop from a spoon. It may be necessary to add a few drops of hot water. Color it with red vegetable coloring to a delicate pink. Flavor with oil of wintergreen. Stir until it is creamy. Drop from a teaspoon on oiled paper.

Peppermint Creams—Follow instructions given for wintergreen creams, but leave the fondant uncolored and flavor with oil of peppermint.

Nut Creams—Knead fondant and flavor with almond or coffee extract. Knead into it a mixture of chopped nuts or

moist coconut. Shape into balls, squares or other shapes attractive for dipping into chocolate.

Stuffed Dates, and Prunes—Stone dates or prunes and stuff them with fondant which has been colored pink and flavored with rose water. A whole nut-meat should be inserted with the fondant.

Chocolate Bonbons—Melt very slowly a good quality of specially prepared dipping chocolate, sweetened or unsweetened, in the top of a double boiler. Do not heat the water under the chocolate above 120° F., for overheating spoils chocolate for dipping. Stir it constantly while it is melting to keep an even temperature, and after it has melted, beat it thoroughly. Keep the heat very low during the dipping process. To dip centers, use a fork or confectioner's dipper. Drop centers in one at a time and when covered place on oiled paper. The room in which dipping is done should be cool, so that the chocolate may harden quickly.

MARSHMALLOWS

2 tablespoons gelatin
¼ cup cold water
¾ cup boiling water
2 cups sugar
⅛ teaspoon salt
1 teaspoon vanilla
Confectioners' sugar

Soak the gelatin in the cold water until it has taken up all the water. Boil the sugar and water to the soft-ball stage (238° F.). Add vanilla and salt to gelatin. Pour the sirup slowly over the gelatin, beating constantly with a whisk until cool and thick. Butter a shallow pan slightly and dust with confectioners' sugar. Turn the marshmallow mixture into the pan and smooth the top evenly. Dust with confectioners' sugar. Let it stand over night. In the morning cut it into small squares and roll in confectioners' sugar.

VARIATIONS FOR MARSHMALLOWS

Chopped nuts, dates, figs, raisins or candied cherries may be added to the recipe for marshmallows. Plain marshmallows may be rolled in coconut before being rolled in sugar, or they may be dipped in melted chocolate. Marshmallows may be tinted any desired color.

CARAMELS

VANILLA—

2 cups sugar
½ cup corn sirup
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
1 cup cream or condensed milk

Cook the ingredients, except the vanilla, to the stiff-ball stage, or 246° F. Remove from the fire, add the vanilla and pour into a buttered pan. When it is cold, turn it out of the pan and cut it into squares.

CHOCOLATE—Use the same ingredients as for vanilla caramels but reduce the cream or condensed milk to one-half cup and add three squares of chocolate. Break the chocolate in small pieces, add to the other ingredients and proceed as for vanilla caramels.

MOLASSES TAFFY

2 cups molasses
1 cup granulated sugar
¾ cup water
⅛ teaspoon soda
4 tablespoons butter or other fat
½ teaspoon vanilla

Cook the molasses, sugar and water slowly to the hard-ball stage (260° F.) stirring during the latter part of the cooking to prevent its burning. Remove from the fire, add the fat, soda and vanilla and stir enough to mix. Pour into a greased pan and, when cool enough to handle, pull it until it becomes light in color. Stretch it into a long rope and cut with scissors into small pieces.

WHITE TAFFY

2 cups granulated sugar
½ cup water
1 teaspoon glycerin
2½ tablespoons vinegar
1 teaspoon lemon or vanilla extract

Boil the sugar, water, glycerin and vinegar to the hard-ball stage (260° F.). Add flavoring. Pour on to a greased platter. When cool enough to handle, pull until very white, stretch into a long rope, and cut into short pieces.

NOUGAT

2 cups sugar
⅓ cup corn sirup
1 cup water
4 egg-whites
1 teaspoon vanilla
1½ cups nut-meats
½ cup candied cherries

Boil together half of the sugar, half of the water and half of the corn sirup to the stiff-ball stage (246°-250° F.). Remove the sirup from the fire and pour it slowly over the well-beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the stiff-ball stage. Remove and add at once to the first mixture, beating while adding. When cool, add the vanilla, nut-meats and candied cherries and pour into buttered pans. Smooth over the surface and let it stand over night before cutting. In the morning cut and wrap in waxed paper.

BUTTERSCOTCH

1 cup granulated sugar
1 cup brown sugar
¼ cup light corn sirup
1 cup water
⅓ cup butter
1 teaspoon vanilla or lemon extract

Put sugar, sirup and water into a saucepan and set over direct heat. Stir until the sugar is dissolved, then cook without stirring to the stiff ball stage (250° F.). Add fat and cook to the medium crack stage (280° F.), for soft butterscotch, or to the hard crack stage (300° F.) for brittle candy. Remove from fire, add the flavoring and pour on a greased slab. Mark while still warm and when cold break into pieces.

MAPLE SCOTCH

1 cup maple sugar
½ cup water
1 teaspoon vinegar
4 tablespoons butter

Boil together the maple sugar, water and vinegar to the stiff-ball stage (246° F.). Then add the butter and cook to the medium-crack stage (280° F.). Turn into a well-buttered pan. Mark while still warm, and when cold break into pieces.

POP-CORN BALLS

No. 1.

3 quarts popped corn
1 cup sugar
⅓ cup white corn sirup
1 cup water
¼ teaspoon salt
1 teaspoon lemon or vanilla

Discard all imperfect kernels and put the popped corn into a large pan. Cook sugar, sirup and water to the medium-crack stage (280° F.). Add flavoring and salt. Pour over the corn, stirring with a spoon so that all kernels will be evenly coated. Shape the corn into balls, lay on waxed paper, and wrap in waxed paper.

No. 2.

3 quarts popped corn
1 cup honey
1 cup sugar
⅔ cup water
2 tablespoons butter
¼ teaspoon salt

Proceed as for No. 1.

MAPLE NUT BRITTLE

1 cup light-brown sugar
1 cup maple sugar
½ cup water
¼ teaspoon salt
1 teaspoon vanilla
1 cup broken nut-meats
2 tablespoons butter

Boil the sugar and water to the stiff-ball stage (246° F.). Then add the fat and cook to the brittle stage (290°-300° F.). Add the vanilla and salt and pour over the nut-meats, which have been placed on a buttered pan. When cold, break into pieces.

PEANUT BRITTLE

2 cups granulated sugar
1 pint chopped peanuts
1 teaspoon salt

Put the sugar into an iron frying-pan and heat slowly, stirring constantly, until the sugar is melted and turns a light brown color (slightly above 300° F.). Spread the chopped peanuts in a buttered tin, sprinkle them with the salt, warm the tin slightly and pour the melted sugar over the peanuts.

TURKISH DELIGHT

3 tablespoons gelatin
2 cups sugar
½ cup cold water
Grated rind and juice of 1 orange
½ cup hot water
Grated rind and juice of 1 lemon
Red or green coloring

Soak the gelatin in the cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling-point, add the gelatin and simmer twenty minutes. Add color and the flavorings; strain into a bread-pan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold, turn it on to a board. Cut into cubes or other shapes and roll in confectioners' sugar.

If you prefer other flavors, such as peppermint, wintergreen and clove, omit the fruit juice and rind, add one-half cup of water, and flavor with a few drops of oil of peppermint, oil of wintergreen, oil of cloves, etc.

COCONUT CONES

2 cups sugar
⅔ cup water
½ teaspoon vanilla
3 egg-whites
2 cups moist coconut

Boil the sugar and water together to the soft-ball stage (238° F.). Add the vanilla and pour it slowly over the stiffly beaten whites of the eggs beating constantly until light and foamy. Stir in the coconut and drop on buttered tins by teaspoonfuls. Shape each confection like a cone. Bake in a slow oven (300° F.) for about twenty minutes.

MARZIPAN

2 egg-whites
1 cup almond paste
½ teaspoon lemon or vanilla
1 cup confectioners' sugar, more or less

Beat the egg-whites and mix with the almond paste. Add the flavoring and enough sugar to make the mixture stiff enough to handle. After it has stood over night, it may be molded into small shapes of fruits or vegetables such as pears, apples or carrots and colored with vegetable colors, or it may be cut into

small pieces and dipped in chocolate or other coating, or used as the center for candied cherries, dates, prunes, etc.

The almond paste may be bought at a confectioner's, or the almonds may be blanched and pounded. Two and two-thirds cups shelled almonds make one cup of paste.

STUFFED SPICED PRUNES

½ pound prunes
½ cup sugar
⅛ cup corn sirup
⅛ cup water
3 to 6 cloves
⅛ teaspoon grated nutmeg
½ teaspoon cinnamon
5 allspice berries
⅛ teaspoon maple flavoring
Chopped nut-meats

Soak the prunes over night, after washing them thoroughly. Drain off the water; add the sugar, sirup, water and spices and simmer slowly until the sirup is all absorbed by the prunes. Cut a slit along one side of each prune, slip out the stone and fill the cavities with chopped nut-meats moistened with a little sirup or with cream. Roll in confectioners' sugar.

TUTTI-FRUTTI CANDY

1 pound raisins
¾ pound walnut-meats
1 pound dates
1 pound figs
½ pound prunes
Confectioners' sugar

Soak the prunes over night. Steam until they are soft and remove stones. Wash the figs, and steam them twenty minutes. Wash the dates and remove the stones. Put the fruit and nuts through a food-chopper. Put confectioners' sugar on the board and with the hands work the fruit and nuts until well blended. Roll to about one-quarter inch thick, using the sugar to dredge the board and rolling-pin. Cut in any desired shape, roll in sugar, pack in layers in a tin box, using waxed paper between the layers.

HOLIDAY COCONUT BALLS

⅓ cup corn sirup
¼ teaspoon maple flavoring
¼ cup currants
½ cup raisins
1 cup moist coconut

Stir the ingredients together to make a stiff loaf. Pack in a small cake-tin. Chill in the refrigerator and roll into small balls. Dust with confectioners' sugar.

SALTED ALMONDS OR PEANUTS

Blanch the almonds or remove the thin brown skin from the peanuts. Dry the almonds well. Put a small amount of oil into a dripping pan, pour in the nuts and stir them until they are well coated. There should be no excess oil in the pan; just enough to give an oily surface to each nut. Set the pan in the oven, and stir the nuts often until they become light brown. Drain them in a colander, spread on a platter and sprinkle with salt.

To Blanch Almonds—Shell the nuts and pour boiling water over them. Let them stand from two to five minutes, until the brown skin can be slipped off with the fingers. Pour off the water and remove the skins.

GLACÉ FRUITS OR NUTS

2 cups sugar
1 cup water
⅔ cup light corn sirup
Small fruits or sections of larger fruits or whole nut-meats

Make a sirup of the sugar, water and corn sirup. Boil, without stirring, to the hard crack stage (300° F.). Remove the saucepan from the fire and put it into an outer pan of boiling water to keep the sirup from hardening. Drop in the well drained fruit or the nut-meats, a few at a time. Skim out and place on heavy waxed paper to dry.

CANDIED FRUITS

Sirup for Candied Fruits—
2 cups sugar
1 cup water
⅓ cup light corn sirup

Boil together until the sirup spins a thread when dropped from the spoon (234° F.).

Candied Pears, Peaches, Plums, and Cherries—Pare, core, slice or otherwise prepare the fruits to be candied. Have them drained clear of all juice and add them to the boiling sirup, being careful not to have them crowded. Simmer until the fruits are clear. Skim from the sirup, drain, spread on a

screen and allow them to dry until they are no longer sticky. Pack between sheets of waxed paper and place in a tin box or a glass jar.

Candied Quinces, Pineapples and Figs—Prepare fruits by washing, paring or slicing as desired, then simmer in clear water until tender. Drain and use the water in which the fruits were cooked to make the sirup. Proceed as in the preceding recipe.

Candied Orange, Lemon or Grapefruit Peel—Cut the peel into halves or quarters. Let them stand over night in salted water (one tablespoon salt to one quart water). Drain and wash thoroughly. Simmer in clear water, changing the water several times until it has no bitter taste. When the peel is tender, drain, cut into strips or add whole to the sirup and simmer until it is transparent. Drain, roll in granulated sugar, and allow the peel to dry well before packing.

FRUIT PASTE CANDIES

Fruit Paste—Paste may be made from most kinds of fruit-pulp after the juice has been drained off for jelly, or it may be made from fresh or canned fruit. A combination of the pulp of two or more kinds of fruit gives a delicious result.

Press the pulp through a rather fine strainer, measure it and to one pint of pulp add one and one-third cups of sugar. Cook this mixture, stirring it and taking care not to let it scorch. When the paste is thick and clear, turn it out on a platter which has been brushed with unsalted fat. Let it stand and dry until a film forms over the top. Then turn it on to a wire screen and dry until it loses its stickiness. To get the best results, dry it as quickly as possible in the open air. Roll the dried paste in thick paraffin paper and pack it in tin boxes or glass jars for future use. For finish, dip in fondant or chocolate.

SPUN SUGAR

2 cups sugar 1 cup water
⅛ teaspoon cream of tartar

Dissolve sugar in water, bring slowly to boiling point and

boil to 280° F. Add cream of tartar and continue boiling without stirring until the sirup reaches 310° F. In the meantime, have prepared 2 oiled wooden spoon handles securely anchored in kitchen-cabinet drawers, with a clean paper spread on the floor below. When the sirup reaches 310° F. remove quickly to a pan of cold water to stop the boiling, then to pan of hot water. Tint with food colors if desired. Dip the spinner (a spoon, large knife or egg whip will serve) into the sirup and swing back and forth over the handles. The sugar falls in long threads. If the sirup thickens as you work, heat the water in the lower pan until the sirup melts and continue spinning. Use at once as decorative nests for ice cream, meringue glacé, Baked Alaska or Easter eggs.

PULLED SUGAR

2 pounds loaf sugar
1 cup water
1 teaspoon glucose
¼ teaspoon cream of tartar

Add water to sugar in a saucepan and when completely dissolved turn on heat, add glucose and cream of tartar and boil as quickly as possible to 312° F. Remove at once to pan of cold water to stop boiling, then pour sirup onto a lightly oiled slab. If different colors or flavors are wanted, divide the sirup as desired. As edges cool, lift with knife and turn in to the center. When sugar is cool enough to handle, pull from sides, turning in to the center, and roll into a ball. Work in a warm place so sugar does not cool too quickly as you work and be sure that all parts are pulled equally. When it becomes quite satin-white and china-like in appearance, start your design. Ribbons are made by pulling a straight piece, cutting the edges quickly and then arranging in knots or bows. Set aside to cool slowly so they will not crack.

For flowers and leaves, pull a small end into petal shape, pinch off the end, work the edges thin and curve into desired shape. Put the petals together as you work to form the flower, then pinch the lower ends together and attach to a new tin wire, or attach to a green pulled-sugar stem. Detached leaves may be mounted on wire and left uncovered.

FRUIT DESSERTS

Fresh Fruits

FRESH fruits are the simplest and easiest of all desserts to prepare, and furnish one of the most wholesome sweets. They are at their best when served ripe and in season. When fruit comes from the market it should be looked over and kept in a cool place. All fruit should be washed before it is served.

FRESH BERRIES

Turn the berries out of the container and spread them on a platter or board so that they are not piled up on one another. If there are any noticeably soft or moldy, remove them and set the rest in the refrigerator or other cool place until they are to be prepared for serving. Then pick them over carefully, wash and drain. Strawberries are usually hulled, but when very large and perfect they may be served with the hulls on and dipped into powdered sugar when they are eaten.

MELONS

All melons should be served very cold. They may be laid on chopped ice when served but the ice should never be placed in or on the edible parts of the melon.

CANTALOUP—Cut the cantaloup in half and with a spoon remove the seeds without injuring the flesh. Each half may be served alone or it may be filled with fresh berries or other fruit or with ice-cream. When used as an appetizer at the beginning of a meal, a quarter of a large cantaloup is enough. Chilled melon balls are often served.

HONEYDEW AND CASABA MELONS—These are usually cut lengthwise and served in sections two or three inches wide.

WATERMELON—To serve a whole watermelon at the table, cut it in half, crosswise, and cut a slice from each end to make it stand on a platter. Garnish the platter with green leaves.

The melon may be served in round slices, or in half or quarter slices from which the rind may or may not have been removed; the pulp may be shaped in balls or dice and served in glasses,

or it may be scooped out in large spoonfuls and served in a watermelon tub shaped from the rind.

For other suggestions for serving melons, see Index.

GRAPEFRUIT

See Index.

ORANGES

Cut oranges in half crosswise. With a sharp knife, loosen the pulp from the center and from the dividing fiber. Serve two halves to each person.

An attractive dessert is made by cutting oranges crosswise in quarter-inch slices and laying the slices in an overlapping row on a glass plate, allowing about four slices to each person. The slices may be sprinkled with sugar and moist coconut or served plain.

ICED ORANGE JUICE

Fill small glass cups with strained orange-juice and set each in the center of a plate filled with cracked ice. This makes a delicious and beautiful fruit course for breakfast.

STUFFED PEACHES

Pare large peaches and cut a slice from the top of each. Remove the pits without breaking the fruit and fill the hollow with nuts or with any chopped fruit, such as apples, citron or raisins. Sprinkle with sugar and a little cinnamon or nutmeg. Pour custard over the peaches and bake. Or serve cold soft custard with the uncooked chilled fruit.

SLICED BANANAS

Chill and slice well ripened bananas, serve with cream or lemon-juice and sugar.

No. 1. FRESH FRUIT CUP

½ pineapple
1 cup strawberries
3 well ripened bananas
3 oranges
2 tablespoons lemon-juice
Sugar

Peel and dice the pineapple, bananas and oranges. Wash and hull the strawberries. Mix all together, with the lemon-juice and sugar, and set in the refrigerator until very cold.

No. 2—Peel and slice oranges and arrange in a glass dish alternate layers of oranges and sugar until all the fruit is used. Whip some sweet cream very stiff, sweeten and flavor it and spread it over the oranges. Serve very cold.

Crushed pineapple and sliced bananas may be added, if desired.

No. 3.

3 oranges
1 cup diced pineapple
3 well ripened bananas
1 cup moist coconut

With a sharp knife cut the orange and pineapple into thick slices, then cut them into bits free from seeds and membrane. Slice the bananas thin. Arrange alternate layers of the different fruits in a deep dish and sprinkle each layer with sugar and coconut. Over the whole pour any fruit-juice. Serve very cold.

MACÉDOINE OF FRUIT

3 peaches
3 pears
½ cup diced pineapple
½ cup diced watermelon
1 cup raspberries
⅓ cup sugar

Pare and slice peaches and pears, cut pineapple and melon in small pieces, mix fruit and sugar, and chill for one hour. Serve in glasses, adding one tablespoon whipped cream to each glass just before serving. A berry or piece of pineapple placed on the cream gives color to the dish.

VERMONT QUARTERED APPLES

6 firm, tart apples
4 tablespoons shaved maple sugar
3 tablespoons butter
1 cup boiling water

Pare, quarter and core the apples, and place on an earthenware pie-plate. Mix the maple sugar, butter and boiling water and boil for five minutes. Pour this sauce over the apples, place in a moderate oven (350°-375° F.) and bake until the apples are soft. Baste occasionally with the hot sirup. This makes a delicious dessert served with cream. It may also be served in the baking-dish with duck or goose.

APPLE SAUCE

No. 1—Wash, pare, quarter and core sour, juicy apples. Place them in a porcelain kettle with just enough water to keep them from burning and boil until tender. Add sugar to taste and boil a few minutes longer. Serve hot or cold.

A few whole cloves or a dash of cinnamon or nutmeg or a little lemon-juice or a few seedless raisins may be cooked with the apples. Brown or maple sugar may be used instead of white.

No. 2—Prepare as for No. 1 but place in a baking dish with just enough water to start them cooking. Sprinkle with sugar. Cover and bake in a moderate oven (350°-375° F.) until the apples are soft but not broken. Add more sugar and a little boiling water if necessary, and cook, uncovered, until the top is slightly browned.

No. 3—Wash, quarter and core but do not pare apples. Cut out any bad spots. Stew until tender with just enough water to keep them from sticking to the pan. Rub through a colander or coarse strainer, add sugar to taste, and stir until the sugar is dissolved.

APPLE OR OTHER FRUIT SNOW

¾ cup sour apple pulp
Sugar
Lemon-juice
3 egg-whites

Pare, quarter and steam enough apples to make the required amount of apple pulp. Press through a sieve. Add sugar and lemon-juice to taste and fold into stiffly beaten whites very gradually. Pile on a glass dish, chill and serve with custard sauce or cream.

Other fruits may be used in the same way. Uncooked fruit pulp may be used by grating fresh fruit and covering it at once with lemon-juice to prevent discoloration.

BLUSHING APPLES

6 red apples
1½ cups sugar
Juice and grated rind of 1 orange
1½ cups water
Juice of 1 lemon
Whipped cream

Wash and core the apples. Cook until they are tender in sirup made of the sugar and water, turning so that they will

cook evenly. Carefully remove the skin, scraping the red pulp from it and pasting it back on the sides of the apple. Put the apples in a serving dish. Boil the sirup down to one cup and add the grated rind and the juice of one orange, the juice of one lemon, and, if desired, nuts, candied orange peel or raisins. Pour sirup over the apples and serve with whipped cream.

JELLIED APPLES

Pare and core the required number of apples and bake, steam or boil in sirup until tender. Cool. Cover the bottoms of individual molds with lemon jelly, put in apples and cover with jelly. Unmold and serve with meringue or whipped cream.

BAKED APPLES

Select sound apples; core them and place from one teaspoon to one tablespoon of sugar in each cavity. Place the apples in a baking-dish, add water to cover the bottom of the dish, and bake in a moderate oven (350°-375° F.) until tender.

Sour apples cook more quickly than sweet ones, and summer or fall apples take less time to cook than winter apples.

Baked apples may be varied by filling the centers with brown sugar and raisins, sections of bananas, red cinnamon candies, marshmallow, marmalade or jelly, honey or corn sirup and lemon-juice, nuts, candied orange-peel, candied pineapple, preserved ginger, canned or fresh berries, peaches and other fruits or left-over fruit-juice. Meringues, custard sauce, whipped cream or marshmallow sauce may be used as garnish.

BAKED STUFFED APPLES

6 large tart red apples
1 cup chopped bananas
1 cup chopped cranberries
1 cup sugar
1 teaspoon cinnamon
Chopped nut-meats
Whipped cream

Cut off the stem end of the apples, but do not peel them. Remove all the core and part of the pulp, leaving the walls of the cup about three-fourths inch thick. Mix bananas, cranberries, sugar, and cinnamon. Fill the cavities in the apples with this mixture, cover with chopped nut-meats, and bake in the oven (350°-375° F.) until tender. Serve cold with a spoonful of whipped cream on top of each apple.

STEAMED APPLES

Core the apples, fill cavities with sugar and put in a saucepan with hot water about an inch deep. Cover and cook slowly, turning the apples over once. This will steam the apples and, if they are red, will preserve their color. These resemble baked apples and the same variations may be used.

BAKED STUFFED PEARS

Pare and core large pears and stuff with seeded dates, raisins or chopped nuts with some tart marmalade or shredded coconut. Place close together in a baking-dish, cover bottom of pan with water and bake slowly until tender.

MERINGUED PEARS

6 large pears
6 tablespoons sugar
Grated lemon-rind
Candied ginger
3 egg-whites
¼ cup powdered sugar

Pare and core the pears, place them in a baking-dish and fill the center of each with one tablespoon sugar and a little grated lemon-rind or candied ginger. Add three or four tablespoons of water and bake until tender. Cover them with a meringue made with the stiffly beaten egg-whites and the sugar. Brown quickly.

STEWED RHUBARB

Wash, but do not peel, the rhubarb and cut it in one-inch pieces. Add one-half as much sugar as rhubarb, put in a saucepan with just enough water to keep the fruit from burning. Very little water is needed, as rhubarb provides its own moisture. Cook rapidly until tender.

BAKED RHUBARB

Prepare as for stewing, using same proportion of sugar and rhubarb, and bake in a moderate oven (350°-375° F.). Bake until the rhubarb is reduced to a soft, red pulp.

Dried Fruits

If prepared carefully, most dried fruits retain their flavor. Except for some of the vitamins, none of the food values of

the product are lost in drying, for this method of preservation only drives off the moisture of perishable foods through evaporation. All fruits contain a large amount of water, sometimes as much as ninety per cent, which can be restored to the food by soaking in cold water. The time required for this depends on the kind of fruit; from six to twelve hours is usually sufficient.

Since the dried foods lose some of their mineral content in the water in which they are soaked, they should be cooked in this same water. Look over the dried fruits; wash and drain them; then allow from three to four cups of water to each cup of dried fruit when putting it to soak. After they have been soaked the required time, cook them slowly, in the water in which they were soaked. In stewing, do not add the sugar until the fruit is nearly done.

The flavor of dried fruits is often improved by additional seasoning; lemon, cinnamon and whole cloves are frequently used.

STEWED PRUNES, RAISINS OR FIGS

Wash and pick over the fruit, cover with cold water and soak over night. Cook slowly until tender, in the water in which they were soaked. If sugar is desired, add just before the cooking is completed. Usually these fruits require no sugar, unless lemon-juice is added also. To each pound of fruit the juice of one lemon and two to four tablespoons sugar may be added. Some dried prunes require only to be soaked, and taste like fresh stewed fruit without any cooking.

STEAMED FIGS

18 pulled figs
2 tablespoons water
1 orange
3 teaspoons confectioners' sugar
¾ cup cream

Wash the figs and cut out the stem end. Soak several hours, or over night. Cook in a double boiler slowly until tender. Arrange the hot figs in individual dessert dishes around a central small mound of orange portions which have been skinned and sprinkled with sugar. Border with sweetened whipped cream slightly flavored with orange-juice.

KNICKERBOCKER FIGS

½ pound figs
Maraschino cherries
Pecan meats
¼ cup orange-juice
3 tablespoons sugar
2 teaspoons lemon-juice

Stuff the figs with cherries and broken nut-meats, allowing two cherries and five nut-meats to each fig. Mix the orange-juice, sugar, and lemon-juice, add the figs, cover and simmer until the figs are tender. Drain, cool and serve in individual paper cases.

RHUBARB SCALLOP WITH MERINGUE

½ pound rhubarb
1 cup granulated sugar
Grated rind of 1 orange
¼ teaspoon salt
1 small sponge cake
2 egg whites
2 tablespoons powdered sugar

Wash and peel rhubarb and cut in 1-inch pieces; add sugar, orange rind and salt, mixing well. Cut sponge cake in thin slices; line bottom of greased baking dish with 3 or 4 slices; cover with ¼ of rhubarb. Continue to make alternate layers of cake and fruit until material is used. Cover and bake in moderate oven (350° F.) for 30 minutes. Beat egg whites until stiff; add sugar slowly, beating until blended. Pile on baked pudding and bake 15 minutes longer, or until meringue is slightly browned.

SOUTHERN FRIED APPLES

Core but do not peel, medium-sized Jonathan or Spitzenberg apples. Slice ½ inch thick to make perfect rings. Heat ⅓ cup butter in thick-walled skillet—aluminum, chrome or steel—until light brown. Fit in the apple slices to cover bottom without breaking. Mix ⅔ cup sugar with 1 tablespoon ground cinnamon and dash of salt. Cover apples with ½ the mixture. After 5 minutes turn the slices with pancake turner to avoid breaking. Cover with remaining sugar mixture. Fry over low flame until almost transparent. If too well done, they break easily. Serve hot.

CUSTARDS, GELATIN AND CREAM DESSERTS

MOST desserts made with eggs, cream and gelatin, or with any one or two of these ingredients, are best served very cold. The mechanical refrigerator is excellent for chilling such desserts.

Custards

A custard is a mixture of cooked egg and milk, flavored. Starchy material is sometimes used to replace part of the eggs. Custards are classified according to the method used in cooking them; those cooked over hot water and stirred throughout the cooking process are known as soft or stirred custards—erroneously, as boiled custards; those set in hot water and cooked in the oven (oven-poaching) are firm or baked custards.

The firmness of a custard depends on the proportion of eggs to milk. (See "Useful Facts about Eggs.") The finest-grained custards are those in which the yolks predominate.

If fresh milk is not available, an unsweetened canned milk or milk powder may be used with excellent results.

No. 1. PLAIN SOFT CUSTARD

2 cups milk
2 whole eggs or
4 egg-yolks
⅛ teaspoon salt
4 tablespoons sugar
½ teaspoon vanilla

Scald the milk in the top of the double boiler. Beat together slightly the eggs, sugar and salt. Add the hot milk to the egg mixture, mix thoroughly and return to the top of the double boiler. Cook over hot water, stirring constantly until the egg coats the spoon.

No. 2—If eggs are expensive, modify the recipe for soft custard by substituting one teaspoon of corn-starch for one egg-yolk or two teaspoons for two egg-yolks or one whole egg. Make the milk and starch into a sauce and cook over hot water twenty to thirty minutes before adding any eggs.

VARIATIONS OF PLAIN SOFT CUSTARD

Coffee—Use recipe for soft custard, substituting one cup of very strong coffee for one of the cups of milk.

Caramel—Caramelize one-fourth cup sugar and add to one cup scalded milk.

Follow recipe for soft custard, using this milk with caramel as part of the milk, and using in addition the full amount of sugar called for in the recipe.

Chocolate—Melt one ounce of chocolate and add to it two tablespoons of sugar dissolved in two tablespoons of boiling water. Mix thoroughly. Add this chocolate mixture to two cups of scalded milk and use as the milk in a plain soft custard.

WAYS OF SERVING SOFT CUSTARD

Soft custard may be served in sherbet cups, frappé glasses or deep sauce dishes, garnished with whipped cream and pieces of tart jelly.

It may be poured over fresh fruit.

It may be poured over lady fingers or sponge cake and may then be garnished with meringue or whipped cream.

It may be served as a sauce for most gelatin dishes.

It is an excellent foundation for ice-creams.

FLOATING ISLAND

2 cups milk
3 eggs
⅛ teaspoon salt
6 to 8 tablespoons sugar
½ teaspoon vanilla

Follow directions for soft custard, using two egg-yolks and one whole egg. Cool and turn the custard into a glass dish or into custard cups. Beat the two egg-whites until stiff and beat into them two to four tablespoons of fine granulated or powdered sugar. Drop this meringue by spoonfuls on the custard and chill thoroughly. A candied cherry or a small bit of red jelly placed on each spoonful of meringue adds to the attractive appearance of the dish.

CARAMEL PUDDING

1 cup brown sugar
2 cups milk
¼ cup flour
2 eggs

Mix sugar and one and one-half cups of milk. Scald in double boiler until sugar is dissolved. Mix flour with beaten egg-yolks and the remaining half cup of milk and add to the hot milk, stirring constantly until it thickens. Remove from fire and fold in stiffly beaten egg-whites. Chill and serve with whipped cream.

ORANGE FOOL

6 oranges
3 eggs
2 cups cream
Sugar
Nutmeg
Cinnamon

Squeeze and strain the juice from the oranges. Beat the eggs and add to them the cream and the orange-juice. Sweeten to taste. Add a sprinkle of grated nutmeg and powdered cinnamon, and cook in a double boiler, stirring constantly until the mixture coats the spoon. Pour into glass dishes and chill thoroughly before serving.

PLAIN BAKED CUSTARD

2 cups scalded milk
3 eggs
4 tablespoons sugar
⅛ teaspoon salt
½ teaspoon vanilla

Scald the milk. Mix sugar, eggs, salt and flavoring and combine with scalded milk. Pour into custard cups or baking-dish set in pan of hot water and poach in a slow oven (300° F.) until firm. A knife blade run into the center of the custard will come out clean.

VARIATIONS OF BAKED CUSTARD

CARAMEL.

No. 1—Caramelize one-fourth cup of sugar and add to two cups of scalded milk. Use as the liquid in a plain baked custard.

No. 2—Caramelize one-half cup of sugar. Pour into a mold or pour a little into each of six custard cups. Before it hardens, move the mold about so that the caramel will coat the sides. When the caramel is hard, fill the molds with plain baked

custard mixture and bake as directed for baked custard. These custards are unmolded and served either hot or cold. The caramel melts during the cooking process and when the custard is turned into a dish forms a sauce around it.

Cocoa—Substitute cocoa, made as for drinking, for scalded milk in baked custard recipe.

Chocolate—Melt one and one-half ounces of chocolate and add to milk. Use in a plain baked custard.

Coffee—Substitute one cup of strong coffee for one cup of milk in baked custard recipe.

Gelatin and Cream Desserts

ONE QUART STANDARD GELATIN JELLY

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
3 cups other liquid or fruit-juice
¼ cup to 1 cup sugar (lemon-juice requires more sugar than orange-juice, and orange-juice more than coffee or cream)

Soak gelatin in cold water until soft. Add to boiling water and stir over hot water until thoroughly dissolved. The object of heating only part of the water is to hasten the cooling and solidifying of the gelatin mixture. Add sugar and stir until dissolved. Remove from heat. Add remaining liquids or fruit pulp and mix thoroughly. Pour into molds that have been dipped into cold water.

STANDARD FORMULA FOR WHIPS

Use recipe for standard gelatin jelly but leave the mixture in the bowl in which it was mixed until it begins to congeal. Then whip until it becomes light and frothy. Fold in 1½ cups fruit pulp, as prune or apricot. Turn into molds and chill.

STANDARD FORMULA FOR SPONGES

Use recipe for standard gelatin jelly with these exceptions: use three-eighths cup instead of one-half cup cold liquid; whip the congealing jelly and add beaten whites of two eggs after jelly begins to congeal.

Any Fruit Sponge may be made into a delicious semi-

frozen dessert by substituting cream for egg-white and chilling two to three hours. Three tablespoons cream should be substituted for each egg-white in the recipe, the other quantities remaining the same. Whip the cream and fold in, following directions given for egg-white.

STANDARD FORMULA FOR CHARLOTTE OR BAVARIAN CREAM

Use recipe for standard gelatin jelly with these exceptions: Use one-quarter cup instead of one-half cup cold liquid and add one-quarter cup cream, which should be beaten and folded in after the mixture begins to congeal. Part cream and part whipped egg-white may be used if you prefer.

LEMON JELLY

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
2¼ cups ice-water
1 cup sugar
¾ cup lemon-juice
A little lemon-rind

Combine as directed for standard gelatin jelly. Serve with cream or soft custard.

SNOW PUDDING OR LEMON WHIP

When lemon jelly begins to congeal, beat it thoroughly with an egg-beater. Mold. When cold and jellied, serve with soft custard.

LEMON SPONGE

Reduce the ice-water in lemon jelly to two cups. When the jelly begins to congeal, whip until light and frothy and fold in the stiffly beaten whites of two eggs. Serve with cream or soft custard.

ORANGE JELLY

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
1 cup sugar
1 cup ice-water
1½ cups orange-juice
3 to 4 tablespoons lemon-juice
A little grated orange-rind (may be omitted)

Combine as directed for standard gelatin jelly.

ORANGE WHIP

When orange jelly begins to congeal, whip until light and frothy. Mold.

ORANGE SPONGE

Reduce the ice-water in orange jelly to one-half cup. When the jelly begins to congeal, whip until light and fold in the stiffly beaten whites of two eggs.

ORANGE CHARLOTTE OR BAVARIAN CREAM

Omit the ice-water in orange jelly. When the jelly begins to congeal, fold in one cup of whipping cream beaten to a stiff froth. The jelly may be whipped before adding the cream, if desired. It makes a more delicate product.

FRUIT JELLIES, WHIPS, SPONGES, CHARLOTTES OR BAVARIAN CREAMS

Use recipe for orange jelly, orange sponge, or orange charlotte or Bavarian cream, substituting one and one-half cups of any other fruit pulp or juice for one and one-half cups of orange-juice. If stewed sweetened fruit pulp is used, reduce the amount of sugar proportionately. Fresh raspberries, strawberries and peaches make particularly good sponges and Bavarian creams.

COFFEE JELLY

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
1 cup sugar
3 cups strong coffee

Combine as directed for standard gelatin jelly. Particularly good served with whipped cream.

FIG AND GINGER PUDDING

½ pound crystallized ginger
1½ pounds figs
2 cups sugar
5 cups water
½ teaspoon powdered ginger
½ ounce (1 tablespoon) granulated gelatin
½ cup cold water
Whipped cream

Cut the crystallized ginger and figs into tiny pieces. Dissolve the granulated sugar in the water, and add the powdered ginger,

the crystallized ginger and the figs. Place all in a double boiler and simmer slowly all day. The entire mass must form a soft pulp so that the ingredients will scarcely be recognized. Soften the gelatin in the cold water and stir into the mixture while hot. Turn into high-stemmed glasses and serve ice cold with whipped cream.

GRAPEFRUIT À LA ST. PATRICK

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
Fresh mint
¾ cup sugar
1 cup ice-water
2 cups grapefruit pulp and juice
Maraschino cherries

Cut the grapefruit in half, crosswise, and scoop out the pulp being careful not to cut the skins. Drop the shells into cold water until needed. Simmer a few sprigs of fresh mint in the boiling water until the flavor is extracted. Follow the standard directions for making jelly. When jelly is firm, cut it into cubes, pile the cubes in the grapefruit shells and garnish with sprigs of mint and cherries.

MOLDED LIME FRUIT SALAD

1 package lime gelatin
1 cup boiling water
1 cup cold water
4 slices canned pineapple
½ cup canned white cherries
¼ cup red seeded grapes, cut in fancy shapes
4 halved pears

Dissolve gelatin in boiling water and add cold water. Set aside to cool slightly. Add fruit and pour into mold which has been rinsed out with cold water. Refrigerate to set.

GARNISH—Mix cream cheese with chopped nuts and raisins; stuff pears, place in individual gelatin molds, fill with lime gelatin and allow to congeal. Use as garnish around lime mold, topped with pimiento cream cheese flower. Place decorated pineapple slices between pears. Serve with creamy eggless mayonnaise. See page 450.

Decorating Jelly

Have the mold thoroughly chilled. Pour in a layer of jelly about one-half inch deep. Chill. When firm, arrange a design of fruit or nuts or both, dropping a few drops of jelly on each

piece to hold the design while the jelly hardens. When the jelly holding the design in place has congealed, add enough jelly to cover the design and let this harden. A single design may serve or alternate layers of fruit and jelly may be arranged in this way. Each layer must congeal before the next is added.

REFRIGERATOR CHEESE CAKE

½ cup melted butter
¾ cup sugar
2 cups fine zwieback crumbs
2 teaspoons cinnamon
2 tablespoons gelatin
1 cup cold water
3 eggs, separated
2 cups cream cheese
3 tablespoons lemon juice
1 tablespoon grated lemon rind
¼ teaspoon salt
½ cup whipping cream

Blend butter, ¼ cup sugar, crumbs and cinnamon. Press ¾ of this mixture on the bottom of a 9-inch spring form pan. Soak gelatin in ½ cup cold water for 5 minutes. Cook egg-yolks, remaining sugar (½ cup) and water (½ cup) in a double boiler, stirring constantly, until mixture coats a metal spoon. Add gelatin and stir until dissolved. Add gradually to cream cheese, add lemon juice, rind and salt, beat thoroughly. Cool, when beginning to congeal, beat several minutes with an egg beater. Whip cream and fold in with stiffly beaten egg-whites, blend thoroughly. Pour onto crumbs. Sprinkle remaining crumbs over top. Chill until firm. Serves 10 to 12.

For variety use crumbs made from graham crackers, vanilla wafers, gingersnaps, chocolate cookies, browned dried bread crumbs, crushed cornflakes or other suitably prepared breakfast foods in place of zwieback.

GELATIN BLANC MANGE

1 pint milk
¼ cup sugar
1½ teaspoons granulated gelatin
1 teaspoon vanilla
1 tablespoon water

Heat the milk in the top of a double boiler. Add the gelatin softened in the cold water. Stir constantly, adding the sugar a little at a time. Cook over hot water for fifteen minutes

stirring frequently. Strain into molds that have been dipped in cold water and chill. Serve with cream.

CHOCOLATE—Dissolve one square bitter chocolate, add the milk and sugar, using one-third cup sugar, before adding the gelatin.

CHOCOLATE CREAM

6 tablespoons cocoa
⅓ cup sugar
3 tablespoons water
½ teaspoon salt
1 pint cream
1 egg

Mix cocoa, sugar and water, and cook over the fire, stirring until thick and smooth. Cool slightly and pour over stiffly whipped cream, and beat thoroughly with a spoon. Add egg and again beat well. Chill in refrigerator, allowing an hour and a half or two hours for a mechanical refrigerator and longer for an ice-cooled refrigerator.

No. 1. VELVET CREAM

½ ounce (1 tablespoon) granulated gelatin
¼ cup cold water
¼ cup boiling water
4 tablespoons powdered sugar
1 pint cream
1 teaspoon vanilla

Follow standard directions for making the jelly. As soon as it begins to congeal, add the cream. Flavor with vanilla. Turn into a mold and place on ice to harden. Serve with maple sauce.

No. 2—Use same ingredients as for preceding recipe. Whip the cream and fold into it the dissolved gelatin and sugar mixture. Mold.

SPANISH CREAM

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup hot milk
⅓ cup sugar
¼ teaspoon salt
2 eggs
2¼ cups cold milk
1 teaspoon vanilla

Make a custard of the egg-yolks, sugar and hot milk. Add the softened gelatin. Proceed as for standard sponge mixtures. Mold, chill and serve with whipped cream.

PLAIN BAVARIAN CREAM

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
1 pint scalded milk
4 egg-yolks
½ cup sugar
Salt
1 teaspoon vanilla
1 pint heavy cream

Soak the gelatin in cold water until soft. Make a soft custard of the milk, egg-yolks, sugar and flavoring. Stir the softened gelatin into the hot custard. When the gelatin has dissolved, strain and cool. Whip the cream and fold it in as the mixture congeals.

RICE BAVARIAN

1½ pints milk
Lemon-peel
½ cup rice
¼ teaspoon salt
½ cup sugar
1 teaspoon flavoring
1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
1 cup heavy cream
Strawberries

Put the milk and a few thin cuts of lemon-peel into a double boiler. When it is hot, stir in the well-washed rice and salt. Cook until the rice is perfectly tender. The milk should be nearly absorbed, leaving the rice very moist. Add to the hot cooked rice the flavoring, the sugar and the gelatin, which has been soaked in the cold water, and mix carefully. When the mixture is beginning to set, fold in the cream, whipped stiff. Pour into a mold and chill. Serve with sweetened crushed strawberries. The white mold with red sauce makes a charming combination.

MONT BLANC

1 pound large chestnuts
½ teaspoon salt
¾ cup sugar
Whipped cream

Put the chestnuts into the oven for a moment, until the shell and inner skin can be easily removed. Boil the skinned chestnuts in water with the salt and three tablespoons of the sugar, until they are very tender. Add one-half cup sugar to the water and chestnuts and let stand until thoroughly cold. Remove chestnuts from this sirup and run them through a potato-ricer on to a platter, mounding it high. Save a few of the finest whole pieces to decorate the dish. Top the mound with a

spoonful of sweetened whipped cream, and put a border of whipped cream around the edge of the dish, dotting it with the whole nuts here and there.

MACAROON BISQUE

1 cup heavy cream
Powdered sugar
Vanilla
18 macaroons
6 maraschino cherries

Whip a cup of cream until stiff, sweeten with powdered sugar and flavor lightly with vanilla. Stir in six macaroons broken in small pieces, but not powdered. Pile in sherbet glasses with a border of the whole macaroons and decorate with marshmallows or maraschino cherries. This is an excellent emergency dessert.

PINEAPPLE AMBROSIA

1 fresh pineapple or
1 can crushed pineapple
½ pound marshmallows
1 cup heavy cream
2 tablespoons sugar
1½ tablespoons lemon-juice

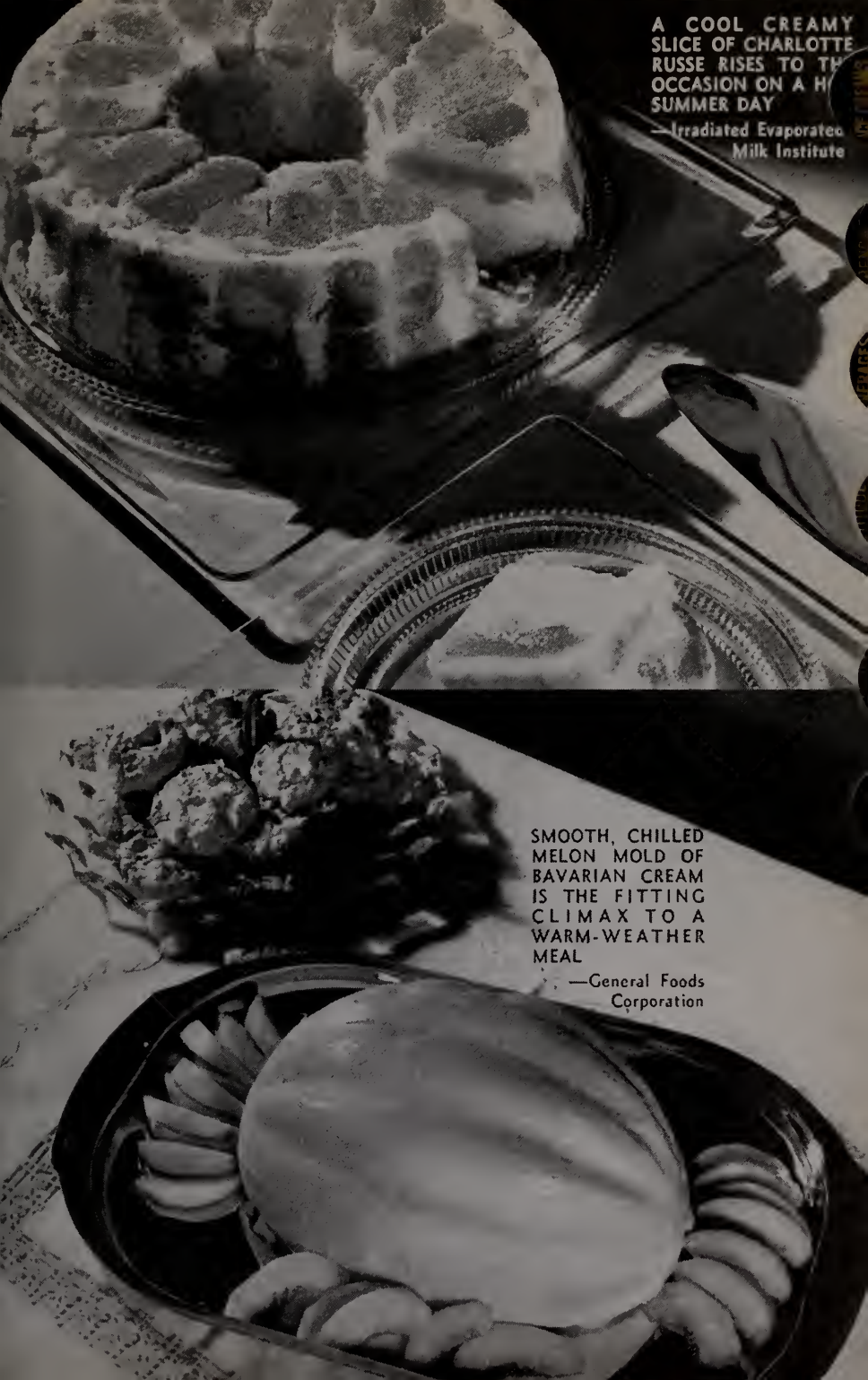
Shred the pineapple with a fork. Cut the marshmallows into small pieces, using a pair of scissors. Mix the pineapple and marshmallows and let stand on ice until thoroughly chilled. Just before serving, whip the cream and add the sugar to it. Add lemon-juice to the pineapple mixture and then fold in the whipped cream. Serve immediately in individual glasses or in a large dessert dish.

FRUIT FLUFF

1 cup powdered sugar
1 cup thick cream
2 egg-whites
4 cups sliced peaches or apple sauce or berries

Add half the sugar to the cream, stir until the sugar is dissolved, and then add the whites of the eggs beaten stiff. Place the sliced peaches in a dish, sprinkle them with the remainder of the sugar, pour on the cream mixture, and serve at once. The success of this depends upon its being thoroughly chilled when served. The cream, egg-whites and fruit should be chilled for at least two hours before the dish is to be prepared, and the finished dessert should be kept in the refrigerator until needed.

VARIATIONS ON A FAMILIAR THEME—BRING YOUR PASTRY GUN INTO PLAY AND CUT YOUR HARD SAUCE IN STRIPS TO DECORATE CUSTARDS —The Junket Folks



A COOL CREAMY SLICE OF CHARLOTTE RUSSE RISES TO TH OCCASION ON A H SUMMER DAY

—Irradiated Evaporated Milk Institute

SMOOTH, CHILLED MELON MOLD OF BAVARIAN CREAM IS THE FITTING CLIMAX TO A WARM-WEATHER MEAL

—General Foods Corporation

FIG PUFF

1 cup cream
1 egg-white
1 tablespoon grapefruit marmalade
2 tablespoons powdered sugar
Chopped figs
Maraschino cherries
Shredded almonds

Whip the cream until thick. Beat the egg-white until stiff, then combine with the cream and add the sugar and marmalade. Stir chopped figs into the mixture until it becomes very thick. Pack in long-stemmed glasses. This may be garnished by sprinkling the top with macaroon crumbs. Arrange a half maraschino cherry with radiating strips of almonds in the center of each.

CHARLOTTE RUSSE

No. 1—Line a number of small molds, or one large deep mold, with a thin layer of cake. Thin sponge cake that has been cut with a sharp knife, when cold, into two layers of equal thickness is considered attractive, but halved lady fingers or pieces of any plain cake cut one-half inch thick may be used. Charlottes are made with and without tops, according to taste or convenience.

Fill the forms with whipped cream sweetened with powdered sugar and any desired flavoring. To make sure that the cream is sufficiently stiff, fold into it lightly the stiffly beaten whites of two eggs to each pint of cream. Keep the charlottes on ice until needed, and serve on chilled plates.

No. 2—Substitute velvet cream (See Index) for the whipped cream mixture in the preceding recipe.

MAPLE CHARLOTTE RUSSE

½ ounce (1 tablespoon) granulated gelatin
½ cup cold water
½ cup scalded milk
¼ cup brown sugar
½ cup maple sirup
1 teaspoon vanilla
1 pint heavy cream
Lady fingers

Follow standard formula for charlotte or Bavarian cream (See Index). Line molds with lady fingers and fill with the cream mixture. Chill, unmold and serve.

ICE BOX CAKES

General Directions—Line the bottom and sides of a spring form melon mold or deep cake form with lady fingers, separated and placed with the rounded side toward the pan. Place them as close together as possible. Prepare any of the fillings and proceed as follows:

Place a layer of the filling on the lady fingers at the bottom of the form. On top of this arrange another layer of lady fingers, then another layer of filling, and so on, placing lady fingers on top like the spokes of a wheel.

Set in the refrigerator or other cold place and let it stand twenty to twenty-four hours. When ready to serve, remove the rim of the form, place the cake with the tin bottom on a platter, cover the top with sweetened and flavored whipped cream. Decorate, if desired, with pistachio or other nut-meats or with candied cherries.

Quantities Required—To encase and garnish the fillings given below, unless an exception is noted, the quantities required are as follows:

2½ dozen lady fingers
½ pint thick cream
½ cup confectioners' sugar
½ teaspoon vanilla

Chocolate Filling.

4 eggs
½ pound sweet chocolate
3 tablespoons water
3 tablespoons sugar

Melt the chocolate in a double boiler, add the sugar and the water with the yolks of the eggs, well beaten. Cook slowly until thick and smooth, stirring constantly. When cool, add the stiffly beaten egg-whites.

Mocha Filling.

1 cup hot milk
¼ cup ground coffee
½ cup sugar
2 tablespoons corn-starch
⅛ teaspoon salt
3 eggs
1 teaspoon vanilla

Pour the hot milk over the coffee and let stand where it will keep hot for ten minutes. Strain. Mix corn-starch, salt and sugar in a double boiler, add the egg-yolks, well beaten, stir in the coffee infusion gradually. Cook slowly until thick and

smooth, stirring constantly. Remove from fire and cool slightly. While still warm, fold in the stiffly beaten egg-whites.

Almond or Pecan Filling—With this filling macaroons are combined with the lady fingers usually used.

1 cup unsalted butter
1⅓ cups powdered sugar
½ pound blanched and grated almonds
6 eggs
18 lady fingers
30 macaroons

Line the bottom of the mold with stout waxed paper. Separate the lady fingers and place the halves close together on the sides of the pan, rounded ends cut off and rounded sides toward the pan. Lay macaroons close together on the bottom, flat side down. Fill the small spaces between macaroons with the ends cut from the lady fingers.

Cream butter and sugar, add three eggs, one at a time, and stir well. Add the yolks of the remaining eggs, well beaten, then the nuts, then fold in the beaten whites. Place one-half of this mixture over the macaroons. Add another layer of macaroons and top with the rest of the filling.

Set in the refrigerator and leave for thirty hours. Serve as outlined in General Directions.

Lemon Filling.

1 cup rich milk
1 tablespoon butter
1 teaspoon corn-starch
½ cup sugar
3 eggs
Juice of 1 lemon

Place corn-starch, sugar, egg-yolks, slightly beaten, milk and butter in a double boiler. Cook slowly until thick and smooth, stirring constantly. Add the lemon-juice. Remove from the fire and cool slightly. While still warm, fold in the stiffly beaten egg-whites.

Rich Lemon Cream.

5 eggs, separated
1 cup powdered sugar
½ cup lemon juice

Mix egg yolks, sugar and lemon juice and cook over hot water 5 minutes, stirring constantly until mixture thickens. Fold gently into stiffly beaten egg whites. Chill.

HOT AND COLD PUDDINGS

THE temperature at which a pudding is served depends somewhat upon the nature of the pudding. However, soufflés, must be served hot because they begin to fall as soon as they are taken from the oven; and certain others, such as the steamed puddings and baked batters or doughs, become soggy when cold.

Some puddings may be chilled almost to the point of freezing, and for these the mechanical refrigerator is very satisfactory. Use the ring mold for both hot and cold puddings, unmold on the serving plate and serve with the bowl of sauce or cream in the center. See page 344.

Puddings that May be Served Either Hot or Cold

BREAD PUDDING

2 cups stale bread
1 quart milk
¼ teaspoon salt
½ cup raisins if desired
2 eggs
½ cup sugar
1 teaspoon vanilla

Soak the bread in the milk until it is very soft, then mash it fine. Heat together until nearly boiling. Beat the eggs until light and add to them the sugar, salt and vanilla. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking-dish, set in a pan of water, and bake in a slow oven (250°-350° F.).

CHOCOLATE BREAD PUDDING—Melt two squares of chocolate over hot water and add this to the soaked bread and milk.

COCONUT PUDDING

½ cup bread-crumbs
½ cup moist coconut
2 cups milk
1 egg
3 tablespoons sugar
½ teaspoon salt
1 tablespoon butter or other fat

Soak the bread and coconut in the milk until soft, then mash and add the sugar, salt and melted fat. Beat the white and

yolk of the egg separately; add the yolk to the mixture, then fold in the white. Pour into a greased baking-dish, set in a pan of hot water and bake in a slow oven (250°-300° F.).

SPICE PUDDING

1 cup raisins
1 egg
½ cup sugar
2 cups milk
1½ cups fresh bread-crumbs
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
¼ teaspoon nutmeg
1 teaspoon melted butter or other fat
⅛ teaspoon salt

Seed the raisins and cut them in half. Beat the egg light, add the sugar and then the milk and pour the whole over the crumbs. Add the spice, fat, salt and raisins, stir well, pour into a baking-dish, set in a pan of water, and bake until firm in a slow oven (250°-350° F.). Serve hot or cold, with any desired sauce.

QUEEN OF PUDDINGS

2 cups stale bread-crumbs
1 quart scalded milk
3 eggs
½ cup sugar
Currant jelly or plum jam
2 tablespoons sugar for meringue

Soak the crumbs in the hot milk until soft; then add the egg-yolks mixed with the sugar, pour into a baking-dish set in a pan of water, and bake in a slow oven (250°-350° F.) about an hour, or until custard is set. When cool, spread a thick layer of the jelly or jam over the top. Beat the egg-whites until stiff, add the sugar gradually and beat until stiff, spread this meringue on top of the jam and place in the oven until a delicate brown. Serve hot or cold, with cream

ORANGE AND RICE

Pare oranges, cut in half crosswise and remove the core. Cook the halves, until they are tender but not broken, in a sirup made from equal parts of sugar and water, to which a little lemon-juice has been added.

Place around a mound of boiled rice and pour the sirup over the whole. Serve with plain or whipped cream, or a custard sauce. Serve hot or cold.

CREAMY RICE PUDDING

3 tablespoons rice
1 tablespoon sugar
1 quart milk
½ teaspoon salt
½ teaspoon cinnamon or nutmeg

Wash the rice thoroughly, add the other ingredients and pour into a greased baking-dish. Bake from one and one-half to two hours in a slow oven (250°-350° F.) stirring several times. The mixture should not boil.

This is the old-fashioned creamy pudding which has such a delicious flavor because of the long slow cooking. One-half cup of raisins may be added, if desired. Serve hot or cold.

APPLE OR OTHER FRUIT TAPIOCA

1 cup any fresh fruit, such as apples, peaches, apricots, sour cherries and cranberries or
1 cup any dried fruit which has been soaked but not cooked
¾ cup granulated tapioca
½ cup sugar
3 cups cold water

Cook the tapioca and water in a double boiler until transparent. Pare and core the apples or prepare the other fruit, place in a baking-dish, sprinkle with sugar, pour over the sweetened fruit the tapioca, cover and bake in a slow oven (250°-350° F.) until the apples or other fruit are perfectly tender. For the last ten minutes, remove the cover so that the surface of the pudding may brown slightly. Serve hot or cold, with cream.

CREAM TAPIOCA

1½ tablespoons granulated tapioca
2 cups scalded milk
⅓ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla

Add the tapioca to the milk and cook in a double boiler until the tapioca is transparent. Add half the sugar to the milk and half to the salt and the egg-yolks, slightly beaten. Pour the hot mixture slowly over the egg mixture; return to the double boiler and cook until it thickens. Remove from the heat and add the stiffly beaten egg-whites and the flavoring. Turn into the serving dish and serve hot or cold.

With Fruit—Allow the cream tapioca to cool and turn it over sliced oranges or other cut fruit. Chill and serve.

SCALLOPED PEACHES

1 teaspoon butter or other fat
1 cup peaches
1 quart apples
¼ teaspoon salt
¼ cup brown sugar
¼ cup bread-crumbs or cake-crumbs
¼ cup water

Grease a baking-dish with the fat. Chop the peaches and put half of them in the bottom of the dish. Pare and quarter the apples and lay half of them over the peaches. Sprinkle with salt, add the other half of the peaches, and then the apples, and sprinkle again with salt. Scatter the sugar over the top, then the crumbs, then pour the water over all. Cover the dish and bake in a slow oven (250°-350° F.) from forty-five to sixty minutes, removing the cover after thirty minutes. Serve hot or cold, with or without whipped cream or marshmallows.

Puddings That Should Be Served Hot

SOUFFLÉS

Fruit.

1 cup fruit pulp
Sugar
3 egg-whites
Salt

Any kind of fruit, either fresh or preserved, may be used. When canned fruit is used, drain from sirup. Rub the fruit pulp through a sieve, add a pinch of salt, sweeten if necessary, and heat. Fold the stiffly beaten whites of the eggs into the hot fruit pulp. Fill a greased baking-dish or small molds three-fourths full, set in a pan of hot water and bake in a moderate oven (375° F.) until firm. Serve at once with whipped cream or a soft custard.

Vanilla.

1 cup scalded milk
4 tablespoons flour
2 tablespoons fat
⅓ cup sugar
3 eggs
½ teaspoon vanilla

Make a sauce of the milk, flour, fat and sugar. Add the beaten egg-yolks and flavoring. Fold in the beaten egg-whites, pour into a greased baking-dish, set this in hot water, and bake in a moderate oven (375° F.) until the egg-white is set. Serve at once with lemon sauce or cream.

CHOCOLATE.

1 cup scalded milk
3 tablespoons flour
2 ounces grated chocolate
1 tablespoon fat
⅓ cup sugar
3 eggs

Make a sauce of the milk, flour, chocolate, fat and sugar. Proceed as for vanilla soufflé.

COFFEE.

Substitute coffee for milk in vanilla soufflé and omit vanilla.

LEMON.

5 eggs
3 tablespoons sugar
Grated rind of ½ lemon
¼ teaspoon salt
3 tablespoons lemon-juice

Beat egg-yolks until light. Add sugar and beat again. Add lemon-juice and rind. Beat egg-whites with salt until stiff and dry. Fold the egg-yolk mixture into the beaten whites and bake as directed for vanilla soufflé. Serve at once.

OMELET.

3 eggs
Vanilla or lemon flavor
1½ tablespoons powdered sugar

Beat the egg-whites until stiff and dry and the yolks until light. Add the sugar and flavoring to the yolks, then fold in the whites, and pile the mass as high as possible in a greased baking-dish. Smooth the top of the mound, make a slit down the center and bake as directed for vanilla soufflé. Sprinkle with powdered sugar and serve.

CUSTARD.

1 cup milk
2 tablespoons flour
2 tablespoons sugar
2 tablespoons butter or other fat
4 eggs

Make a white sauce of the milk, flour and fat. Stir in the sugar, allow the mixture to cool slightly, then add the beaten egg-yolks, mix thoroughly and fold in the stiffly beaten whites. Pour into a greased baking-dish and bake as directed for vanilla soufflé. Serve at once.

COTTAGE PUDDING

1½ cups flour
3 teaspoons baking-powder
½ cup sugar
½ teaspoon salt
½ cup milk
1 egg
¼ cup shortening

Sift the flour with the baking-powder. Cream the shortening and add the sugar and salt and the egg, well beaten. Then add the milk and flour alternately. Pour into a greased pan and bake in a moderate oven (375°-400° F.) 35 to 45 minutes.

BLUEBERRY PUDDING

Add one cup blueberries to cottage pudding batter and bake in muffin tins at 400° F.

FRUIT BATTER PUDDING

Place a thick layer of fruit in the bottom of a greased baking-dish and pour custard soufflé or cottage pudding batter over it. Bake in a moderate oven (375°-400° F.) about thirty minutes. Any fresh or canned fruit that is not too juicy may be used, or dried fruit that has been soaked. Apricots, peaches and blackberries are particularly delicious.

BROWN BETTY

This pudding is usually made with apples, but almost any other fruit may be used instead of or in combination with them. Peaches, apricots and rhubarb are especially good. Serve hot with cream or with any preferred sauce, or without a sauce.

No. 1.

¼ cup melted butter
1 pint bread-crumbs
1 pint sliced apples or other fruit
Cinnamon or other spices
½ cup fruit-juice or water
½ cup sugar or molasses
Juice and grated rind of a lemon or orange, if desired

Arrange layers of buttered crumbs and thin sliced apples in a pudding dish. Sprinkle each layer of fruit with sugar and a little cinnamon or other spices. Finish with a layer of crumbs and pour fruit-juice or mixed molasses and water over the top.

Cover and bake in a slow oven (250°-350° F.) for thirty minutes, then remove the cover and bake forty-five minutes longer.

No. 2.

1 cup bread-crumbs
3½ cups chopped apples or other fruit
½ cup honey
1 cup water
1 apple, washed, cored and sliced to form rings

Mix the crumbs and chopped apples or other fruit and place in a deep baking-dish. Bring the honey and water to a boil and pour over the fruit and bread mixture. Sprinkle a few dry crumbs on top and lay the apple rings around the edge. Bake in a slow oven (250°-350° F.) as directed for No. 1.

APPLE CHARLOTTE

Slices of stale bread, ¼ inch thick
Melted butter
Stewed tart apples, mashed and seasoned with sugar and nutmeg
Chopped almonds, if desired

Line a greased mold with the bread slices, dipped into or brushed with the melted butter. The slices should fit close together and may even overlap. Fill the center with the stewed apples and add chopped almonds if you wish. Cover the top with slices of the bread, buttered, and bake in a hot oven (400° F.) for thirty minutes. The bread should have the appearance of being sautéd and should be well browned. Turn out on a platter and serve hot.

PEACH PUDDING

6 sliced peaches, fresh or canned, or ½ cup dried peaches, soaked and stewed
¼ cup sugar
½ teaspoon salt
2 cups milk
½ teaspoon vanilla
3 eggs
Stale bread

Add the sugar, salt and vanilla to the milk and stir in the eggs, well-beaten. Dip slices of stale bread into the mixture and line a quart baking-dish with it. Arrange layers of bread and sliced peaches to fill the dish. Pour any remaining liquid

over the top. Set dish in a pan of hot water and bake in a slow oven (325°-350° F.) until firm (about 30 minutes). Serve hot with any sauce.

ORANGE AND MACAROON PUDDING

⅓ pound almond macaroons
1 pint milk
4 eggs
½ cup sugar
2 oranges

Soak the macaroons in the milk. Beat the eggs and add to them the sugar and the grated rind of one orange. Stir the mixture carefully into the macaroons and milk and add the juice of the oranges. Pour into a greased mold and set on a trivet in a kettle of boiling water. Simmer steadily for an hour. Serve hot with orange sauce.

NEW ENGLAND PANDOWDY

2 cups tart apples, pared and cored, or other fruit
Sugar
2 tablespoons water
Nutmeg or cinnamon
Baking-powder crust

Fill a greased baking-dish half full of the fruit, sprinkle with sugar and cinnamon or nutmeg, add the water to make a little juice and cover with a baking-powder biscuit crust. Bake in a hot oven (400°-450° F.) until the crust is thoroughly baked and the fruit tender. If the crust becomes too brown before it is cooked through, reduce the heat slightly after the first twenty minutes. A thick crust of this kind is more easily baked if a small opening is left in the middle. With a rolled crust a piece may be cut out with a tiny cookie cutter. If the crust is dropped from the spoon it may be placed around the edge of the dish so that there is a small opening in the center.

APPLE RICE PUDDING

1 cup rice
2 eggs
¾ cup sugar
½ cup raisins
½ teaspoon cinnamon
¼ teaspoon salt
3 large apples
¼ cup butter

Wash the rice and boil in salted water until soft. Drain. Add the egg-yolks, sugar, raisins, cinnamon and salt. Cut the apples in very small pieces and add to the rice. Beat the egg-

whites stiff and fold into the mixture. Melt the fat in a baking-dish and stir half of it into the pudding mixture, spreading the rest over the inside of the dish. Pour the mixture into the baking-dish and bake in a moderate oven (375°-400° F.) about forty minutes. Serve hot.

No. 1.

INDIAN PUDDING

1 quart milk
⅓ cup corn-meal
½ cup raisins
½ teaspoon cinnamon
½ cup brown sugar
½ teaspoon salt
½ teaspoon ginger
1 egg

Place the milk in a double boiler and when it is scalding hot add the corn-meal, moistened with cold water, and stir constantly to avoid lumps. Cook for twenty minutes. Turn into a pudding-dish and stir in the other ingredients adding the beaten egg last. Bake two to three hours in a slow oven (250°-350° F.) and serve hot with hard sauce or any preferred sauce. One-half cup dates or figs may be used instead of the raisins.

No. 2.

⅔ cup corn-meal
1 quart hot milk
1 teaspoon cinnamon
¾ cup sugar
2 eggs
1 tablespoon shortening
½ teaspoon salt
2 cups chopped apples

Slowly add the meal, moistened with cold water, to the hot milk, stirring constantly, and cook to a thick mush. Add the other ingredients and mix well. Turn into a greased baking-dish and bake in a slow oven (250°-350 F.) for two hours and a half. Serve hot with any sauce desired.

OLD-FASHIONED STRAWBERRY OR OTHER FRUIT SHORTCAKE

2 cups flour
4 teaspoons baking-powder
½ teaspoon salt
1 tablespoon sugar
⅓ cup shortening
¾ cup milk
Butter
Strawberries or other fruit

Mix and sift the dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough on to a floured board and tap and roll to one-half inch thickness.

Bake in sheets for a large shortcake or cut with a biscuit cutter or bake in muffin tins for individual shortcakes. Bake in a very hot oven (450°-460° F.) twelve to fifteen minutes. When done, split into two parts, butter and put crushed sweetened fruit between the layers and on top. Serve hot with cream.

Any fresh berries, peaches, oranges, bananas, or stewed fruits, fresh or dried, may be used for shortcake.

FRUIT DUMPLINGS

Make a baking-powder biscuit dough, adding a little more shortening than when making biscuit. Roll one-fourth inch thick and cut into five-inch squares. Place a mound of fruit, pared, cored, or whole, in the center of each square. If large fruit is used, it should first be cooked five or ten minutes. Sprinkle the fruit with sugar and cinnamon or nutmeg. Moisten the edges of the dough with water or cold milk and fold so that the corners will meet in the center. Press the edges lightly together.

The tops may be brushed with beaten egg, melted fat or milk, and sprinkled with sugar. Place dumplings in a greased pan with a small amount of boiling water and bake in a very hot oven (450° F.) until crust and fruit are cooked. Serve with cream or a sauce.

ENGLISH PLUM PUDDING

1 pound chopped suet
2 pounds raisins
1 pound currants
1 pound mixed peel
2 cups flour
2 cups crumbs
1 teaspoon mixed spices
2 cups brown sugar
8 eggs

Mix the suet, the fruit and the chopped peel and dredge with some of the flour. Mix together the remaining flour, crumbs, spices and sugar, and add the well-beaten eggs. Stir the fruit and suet into this mixture and mix the whole thoroughly. Put into greased molds or into pudding cloths. Drop into a kettle of boiling water and boil from five to seven hours, according to the size of the pudding. Serve with hard sauce or any desired liquid sauce.

Steamed Puddings

APPLE, OR OTHER FRUIT ROLY-POLY

Make a baking-powder biscuit dough and roll it into a sheet about one-fourth of an inch thick. Spread it thickly with sliced apples, and sprinkle over them sugar and cinnamon. Roll up the dough as for jelly roll, pressing the overlapping parts of the dough well to the body of the pudding and also press the ends well to prevent the escape of the juices. Roll and tie in a cloth, leaving room for the pudding to expand, place on a plate, cover carefully and set in a steamer over a kettle of hot water and steam one and one-half hours. Serve hot with apple sauce or any other sauce desired.

This may be baked if apples that cook quickly are used. Cherries, cranberries or other fruit may be used instead of apples.

CARROT PUDDING

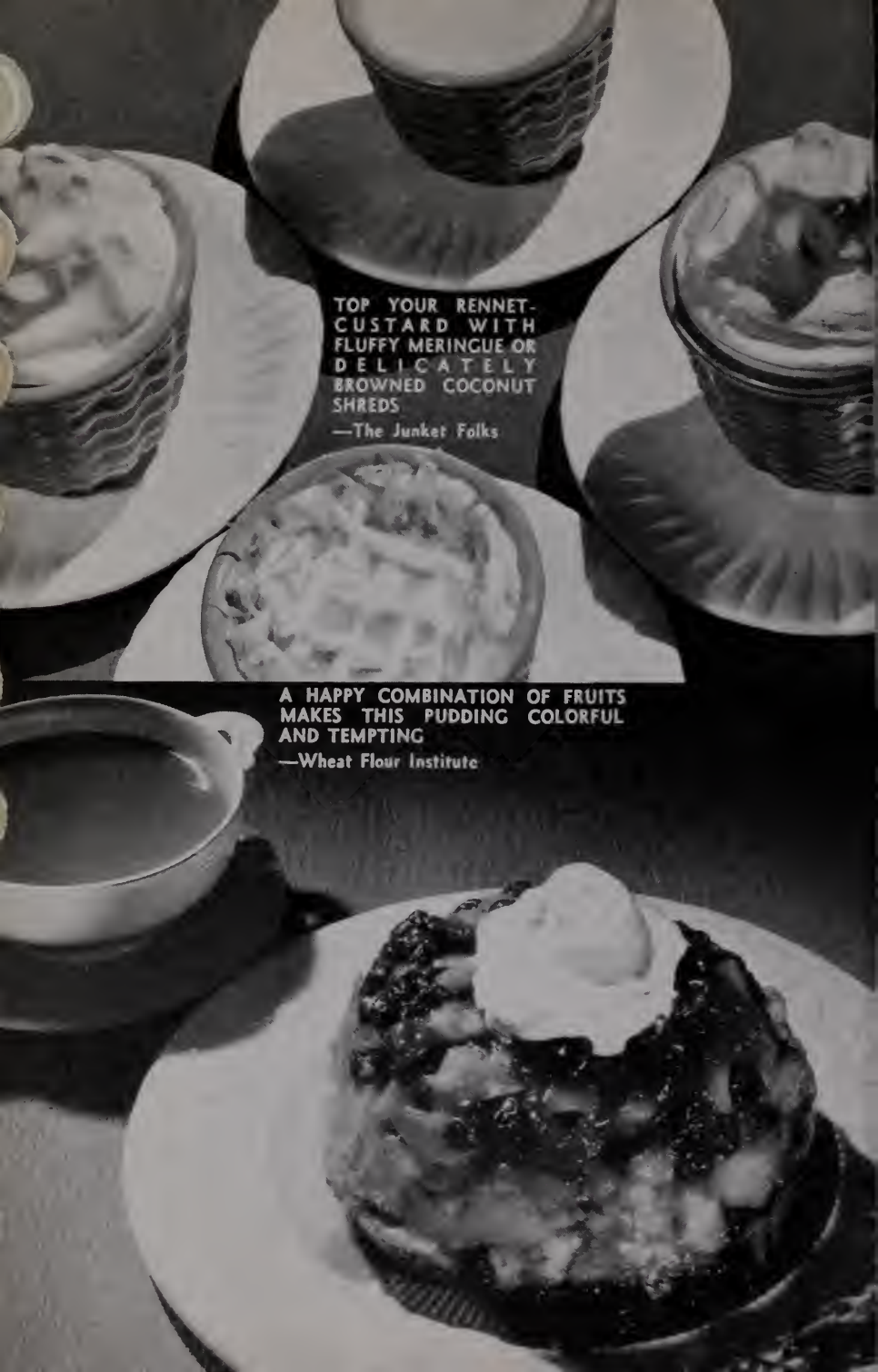
1½ cups crumbs
1 tablespoon shortening or ½ cup fine chopped suet
¼ teaspoon salt
½ cup grated carrots
1 teaspoon baking-powder
1 cup molasses
½ cup chopped dates or prunes
½ cup raisins
½ cup chopped figs
½ cup ground nuts
½ lemon

Brown the crumbs and mix them with the fat. Salt the carrots, which have been grated or put through the meat-grinder, and add them to the crumbs. Next add the molasses, the fruit, nuts, lemon-juice and grated rind. Mix all well together and stir in the baking-powder. Turn into a well-greased mold and steam for four or five hours. Serve with a raisin sauce.

FRUIT PUDDING

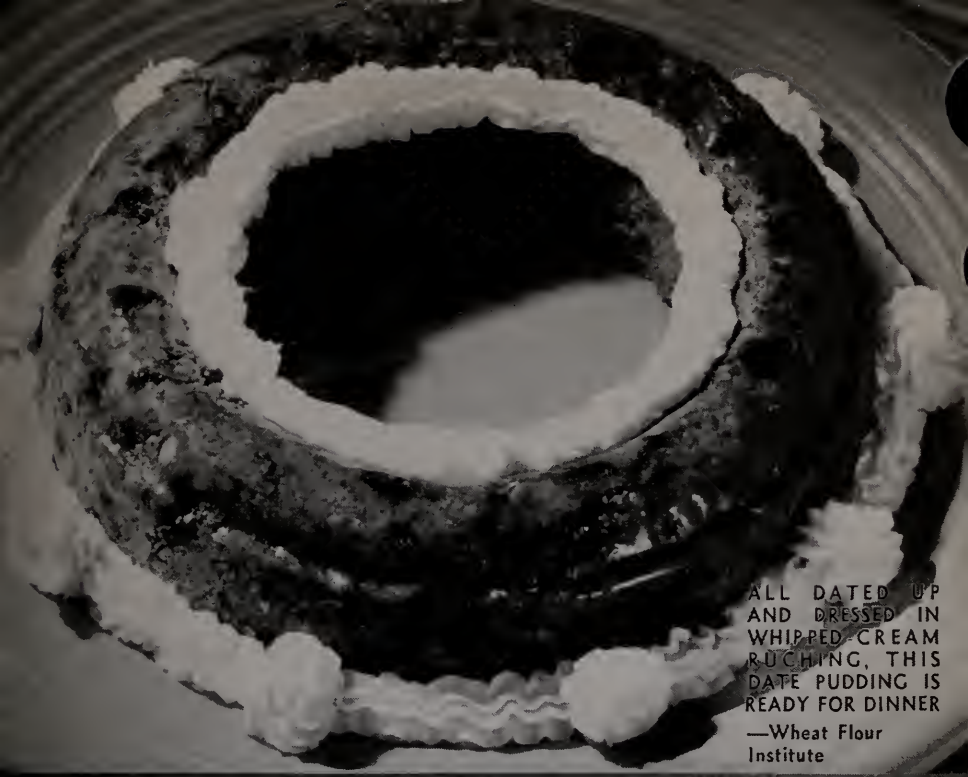
3½ cups mixed fruit and juice
½ cup shortening
1 cup sugar
2 eggs
2½ cups flour
4 teaspoons baking-powder
1 cup milk
Cream, sherry wine

Place fruit in deep baking dish, cover and boil. Cream the shortening and sugar, add the beaten eggs and beat well. Sift together the flour and baking-powder and add to the first mixture alternately with the milk. Add flavoring. Mix to smooth batter and pour over boiling fruit mixture. Cook 40



TOP YOUR RENNET-CUSTARD WITH FLUFFY MERINGUE OR DELICATELY BROWNED COCONUT SHREDS
—The Junket Folks

A HAPPY COMBINATION OF FRUITS MAKES THIS PUDDING COLORFUL AND TEMPTING
—Wheat Flour Institute



ALL DATED UP AND DRESSED IN WHIPPED-CREAM RUCHING, THIS DATE PUDDING IS READY FOR DINNER

—Wheat Flour Institute

MONARCH OF ENGLISH COOKERY, THIS PLUM PUDDING ALSO HOLDS COURT IN MANY AMERICAN HOMES

—Wheat Flour Institute

minutes in moderate oven (350° F.). Turn out on hot platter, allowing fruit sirup to drip over pudding. Serve with whipped cream flavored with sherry wine.

STEAMED CHOCOLATE PUDDING

2 cups flour
4½ teaspoons baking-powder
¼ teaspoon salt
1 cup corn sirup
½ cup water
½ cup hot mashed potatoes
1 egg
2½ squares chocolate
3 tablespoons shortening

Mix and sift the flour, baking-powder and salt. Mix the sirup with the water and add to the flour mixture. Stir in the mashed potatoes and the beaten egg. Add the chocolate, melted over hot water, and the melted shortening. Mix well, pour into greased individual molds and steam two hours. Serve with any desired sauce.

STEAMED DATE PUDDING

1 pound dates
½ pound beef suet
3 cups bread-crumbs
¾ cup sugar
1 egg
½ cup milk
4 tablespoons flour
2 teaspoons baking-powder

Chop the dates and suet very fine. Mix the suet with the bread-crumbs. Add the dates and the sugar. Stir in the egg, add milk, and flour sifted with the baking-powder. Put in a greased mold and steam for three hours. Serve with any desired sauce.

No. 1. STEAMED GRAHAM PUDDING

½ cup ground cracklings
1 cup molasses
1 cup sour milk
2 cups graham flour
½ cup corn-meal
4 teaspoons baking-powder
½ teaspoon soda
1 teaspoon salt
1 cup seeded raisins
2 tablespoons white flour
1 teaspoon cinnamon
½ teaspoon each, mace, cloves, allspice, ginger

Mix and sift the dry ingredients, excepting the white flour. Add molasses and milk to cracklings. Combine mixtures. Mix white flour and raisins and add to mixture. Turn into greased

mold. Cover and steam three hours. Serve with caramel or lemon sauce.

No. 2.

1 cup graham flour
1 cup white flour
1 teaspoon salt
¾ teaspoon soda
1 cup molasses
1 cup sour milk
1 egg
1 cup raisins

Mix and sift the dry ingredients, keeping out one-half cup of flour to sift over the raisins. Add the molasses, milk and beaten egg. Mix well, then add the raisins which have been dredged with flour. Pour into greased molds and steam two and one-half hours. Serve with any sauce desired.

STEAMED MARMALADE PUDDING

1 cup flour
½ cup shortening
½ cup sugar
4 eggs
4 tablespoons marmalade
2 teaspoons baking-powder

Beat the shortening and sugar, add the flour and baking-powder, sifted together, and the eggs, well beaten. Mix well. Spread the marmalade in the bottom of a mold, pour the batter on top, cover the mold and steam for one and one-half hours.

STEAMED PEACH PUDDING

3 cups peaches
2 cups flour
½ teaspoon salt
4 teaspoons baking-powder
2 tablespoons shortening
1 cup milk

To be successful with this kind of pudding, the cook must see that the water is boiling violently when the pudding is placed over it and must not allow it to fall below the boiling-point at any time while the pudding is cooking.

Sift the flour, salt and baking-powder together, rub in the shortening and add the milk. The result will be a dough too soft to roll out. Peel and stone the peaches and cut them into rather thick slices. Place the sliced fruit in a greased pudding-dish, spread the dough over the fruit and set the dish in a steamer over a kettle of rapidly boiling water, covering the steamer tightly. Steam for one hour. Turn the pudding out without breaking. This brings the peaches uppermost, when the pudding is sent to the table. Serve with hard sauce or any liquid sauce.

STEAMED SUET PUDDING

3 cups sifted flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon grated nutmeg
1 teaspoon salt
1 cup suet
1 cup sour milk
1 cup molasses
1 cup raisins

Mix and sift the dry ingredients, keeping one-half cup of flour to sift over the raisins. Chop the suet fine and add it to the milk and molasses. Combine the two mixtures and add the raisins, dredged with flour. Grease pudding molds or baking-powder cans and fill two-thirds full of the mixture. Cover and steam for three hours. Serve with hard sauce or any desired liquid sauce.

Cold Puddings

RICE PUDDING

2 eggs
2 cups milk
½ cup raisins
⅛ teaspoon cinnamon or nutmeg
1¼ cups cooked rice
¼ teaspoon salt
½ cup sugar
1 tablespoon powdered sugar

Separate the whites and yolks of the eggs, add to the yolks two tablespoons of the milk and place the rest of the milk on the fire in a double boiler. Wash the raisins, put them in the milk and cook until soft (about fifteen minutes). Add the rice, cook five minutes longer, then stir in the yolks of the eggs and the salt, sugar and spice. Stir well, cook for two or three minutes, remove from the fire and pour the pudding into the serving-dish. Beat the whites of the eggs light, add sugar, spread the meringue on top of the pudding and brown delicately in the oven. Serve cold.

RICE AND APPLE PUDDING

8 apples
4 tablespoons butter
4 tablespoons sugar
½ cup rice
8 tablespoons marmalade
¼ teaspoon salt

Cut the apples into small pieces and simmer in a saucepan with the fat and sugar and enough water to cover. Wash the rice

and cook in boiling salted water until soft, then drain. Line the bottom and sides of a mold with the rice, fill the center with the apples, and spread the marmalade over them. Cover the mold with rice and bake in a slow oven (300°-350° F.) for fifteen minutes. Let stand until cold, then unmold and turn on to a platter. Serve with any desired sauce.

Apricots or other fruit may be substituted for the apples.

PEAR CONDÉ

1 cup rice
2 cups boiling water
1 teaspoon salt
1 cup milk
3 pears
1 quart raspberries or strawberries
1 cup sugar

Wash the rice and cook it in the boiling water until the water is absorbed, then add the salt and milk and continue cooking until the rice is soft. Put into small molds and chill. Turn out and serve on a platter surrounded by halves of pears. Fill the pear cavities with one-half the fresh raspberries or strawberries, crushed and sweetened. Pour the remainder of the crushed, sweetened berries over the rice and pears. A spoonful of whipped cream with each serving is a great addition to this dish.

NEW ENGLAND APRICOT PUDDING

½ pound dried apricots
Cinnamon toast
½ cup sugar
1 cup boiled frosting, using three egg-whites or 1 cup meringue

Soak the apricots over night. Stew until tender and add the sugar. Arrange squares of cinnamon toast in the bottom and around the sides of a pudding-dish. Pour in the boiling hot apricots, cover the dish so that no steam can escape and cool gradually. Chill and cover the top with boiled frosting garnished with bits of jelly or with meringue.

PEASANT GIRL WITH A VEIL

2 cups dried crumbs 1 cup tart jam Whipped cream

This is a delicious Danish pudding. Crumble bits of graham or rye bread to make fine crumbs. Add a little sugar to the crumbs and heat them in slow oven until they are very dry. Cool and mix with any kind of jam, preferably a tart jam like apricot or plum. Mold, chill and serve with whipped cream.

FRUIT CHARLOTTE

Line cups with triangular pieces of sponge cake and chocolate cake, alternating. Fill the center with slices of orange and peach. Chill, turn out on a serving-plate and surround with whipped cream and blackberries. Put a spoonful of whipped cream on top and serve very cold.

SWEET STRAWBERRY OR OTHER FRUIT SHORTCAKE

¼ cup shortening
¾ cup sugar
2 eggs
½ cup milk or water
1½ cups pastry flour
2½ teaspoons baking-powder
¼ teaspoon salt
Strawberries or other fruit

Cream the fat, add the sugar gradually, continuing the creaming process until all is added. Separate the eggs. Beat the yolks until creamy, add to the shortening and sugar mixture and mix well. Sift the flour, measure, add the baking-powder and salt and sift again. Add the flour and milk alternately. Beat the whites of the eggs until stiff and fold into the mixture. Pour into two well-greased layer-cake tins and bake in a moderate oven (375° F.). Turn out and cool. Spread one sheet with a layer of sweetened, crushed berries or diced fruits. Cover with the other sheet and cover the whole with more fruit. Top with whipped cream, if desired. Serve at once.

RENNET-CUSTARDS

1 rennet tablet
3 tablespoons sugar
1 pint milk
1 teaspoon vanilla

Set out 4 or 5 dessert glasses. Dissolve rennet tablet in 1 tablespoon of cold water. Warm the milk, sugar and vanilla slowly, stirring constantly, until lukewarm (110° F.)—not hot. A few drops of milk on the inside of your wrist should feel only comfortably warm. Remove from stove. If desired, add small pinch of salt. Add dissolved rennet tablet and stir quickly for a few seconds only. Pour at once, while still liquid, into dessert glasses. Let set until it thickens—about 10 minutes. Chill rennet-custards in refrigerator. Serve in same glasses.

Rennet-custards may be served with a sauce made of a mixture of sweetened fruits such as bananas, cooked or canned pineapple, oranges and dates or crushed and sweetened berries. They may also be served with chocolate or caramel sauce.

VARIATIONS OF RENNET-CUSTARDS

CHOCOLATE—Melt one ounce of chocolate over hot water. Add three tablespoons hot water, cook until it is smooth and add to the milk before it is heated.

CARAMEL—Caramelize the sugar, add sufficient hot water to dissolve the caramel and add to the milk.

WITH EGGS—Beat the yolks of 2 eggs with the sugar and mix with the milk before it is heated. Make a meringue of the whites by beating until stiff, then beating in sugar. Drop spoonfuls on a buttered baking sheet and bake in moderate oven at 325° F. until lightly browned. At serving time, top each dish of rennet-custard with a meringue.

CORN-STARCH BLANC MANGE

2½ tablespoons corn-starch
2 to 4 tablespoons sugar
½ cup cold milk
1½ cups scalded milk
½ teaspoon vanilla
Pinch salt

Mix corn-starch and sugar with one-half cup cold milk. Scald remainder of milk in top of double boiler. Carefully add the corn-starch mixture to the scalded milk, cook over direct heat, stirring constantly until thick and smooth. Cover and cook in the double boiler for forty-five minutes. Five minutes before it is finished add vanilla and salt. Turn into molds wet with cold water and refrigerate.

VARIATIONS OF CORN-STARCH BLANC MANGE

FRUITED—When corn-starch blanc mange begins to set, stir in one cup of fruit, such as cherries, crushed pineapple, or raspberries.

COCONUT—Add one or two cups moist coconut to corn-starch blanc mange.

ARROWROOT—Use 1 cup scalded milk and 6 teaspoons arrowroot mixed with ½ cup cold water. Cook in double boiler 45 minutes.

IRISH MOSS—Soak ⅓ cup Irish moss in cold water to cover 15 minutes. Drain and add to 1 pint milk. Cook in double boiler ½ hour without stirring. It thickens only on cooling. Serve this as well as arrowroot with cream, sauce or fruit.

CHOCOLATE—

Corn-starch blanc mange
2 eggs
½ cup grated chocolate
1 cup milk
5 tablespoons sugar
1 teaspoon vanilla

Make the corn-starch blanc mange. Ten minutes before cooking is completed, add two beaten egg-yolks. Cook long enough to set the yolks, then mold.

Melt the chocolate over hot water, add the milk and three tablespoons of sugar, and cook until smooth. Stir in the vanilla and set aside to cool. When the corn-starch mold is cold, spread the chocolate mixture over it.

Beat the egg-whites until stiff, add the remaining two tablespoons of sugar and a few drops of vanilla. Spread on top of the chocolate. Brown delicately in a slow oven (300°-350° F.).

PRUNE—

3 tablespoons corn-starch
½ cup sugar
½ cup cold prune-juice
1 teaspoon cinnamon
1½ cups hot pulp and juice made from cooking ½ pound prunes until tender
2 tablespoons lemon-juice

Mix and cook as for corn-starch blanc mange. Mold and cool. Serve with cream or lemon sauce.

CARAMEL—Add ¼ cup caramelized sugar sirup (page 457) to milk after scalding.

COFFEE—Substitute 1 cup strong coffee for 1 cup milk.

MOCK BUTTERSCOTCH CUSTARD

1 cup firmly packed brown sugar
6 tablespoons flour
3 cups milk
3 eggs, separated
¾ teaspoon vanilla

Mix sugar and flour thoroughly; add milk slowly, stirring until smooth. Cook over boiling water 15 minutes. Stir small amount into beaten egg yolks, then return to remaining hot mixture and cook 2 minutes longer, stirring constantly. Remove from heat and fold gently into egg whites, beaten until stiff but not dry; add vanilla. Cool.

FROZEN DESSERTS

Ice Creams

ICE CREAMS are generally classified as cooked or uncooked. All ice-creams are stirred or beaten while freezing.

PLAIN OR PHILADELPHIA ICE CREAM—This is cream, or cream diluted with milk, sweetened, flavored and frozen. Plain ice-creams may be flavored with extracts or may have crushed nuts or fruits added. Rich, oily nuts do not combine well with ice-cream. Walnuts, almonds, pecans and pistachio nuts are most often used, and crushed peaches, pineapple, apricots or berries are particularly good for flavoring.

BISQUE ICE CREAM—This is made by adding to plain ice-cream such material as pulverized macaroons, ground nuts and stale sponge cake crumbs, to give variety in texture and flavor.

FRENCH AND AMERICAN ICE CREAMS—In these, the foundation is a custard made with cream, milk, eggs, sugar and flavoring, cooked, chilled and then frozen. In French ice-cream the custard mixture contains many eggs. In American ice-cream a plain custard is used.

NEAPOLITAN ICE CREAM—This may be made of any variety of ice-cream tinted in three colors and variously flavored. It is packed in layers after it is frozen. Sometimes it is made of a combination of ice-cream and water-ice.

FROZEN PUDDING—This is plain ice-cream plus a combination of fruit and nuts with bread-crumbs, cake-crumbs or powdered macaroons.

Mousses, Parfaits and Biscuits

MOUSSES—A mousse is whipped cream, sweetened, flavored, packed, and frozen without stirring. Gelatin is often used to give body to a mousse. In that case it is sometimes spoken of as a frozen soufflé. Chocolate, coffee, maple and fruit flavors of various kinds are used.

PARFAITS—A parfait is made by pouring a hot, thick sirup over beaten egg-yolks or beaten egg-whites, adding whipped cream, and packing and freezing the mixture without stirring.

Chocolate, maple and coffee are the most popular flavors for parfaits.

Biscuits—A biscuit is a yellow parfait mixture to which beaten egg-whites are added. It is stirred until it is partly frozen and then packed in small paper serving cases. The cases are laid in the trays of the mechanical refrigerator or in containers which are placed in a freezing mixture.

Water Ices, Sherbets, Bombes and Punches

All these mixtures are stirred while being frozen.

Ices—A plain ice is a sweetened fruit-juice which may or may not be diluted with water.

Sherbets—A sherbet is a plain ice plus egg-whites. Gelatin is sometimes used in sherbets. In milk sherbets, milk, instead of water, is used with the fruit-juice.

Bombes—A bombe is a combination of two or more frozen mixtures, packed in layers in a covered mold.

Punches—A punch is a water-ice frozen to a mush with some highly spiced fruit-juice or other flavoring added.

Sorbets—A sorbet is a sherbet made of several kinds of fruit.

Equipment for Making Frozen Desserts

The Crank Freezer

This type of freezer consists of a bucket of wood or metal for holding the freezing mixture, ice and salt, and a non-rusting metal container with a closely fitting cover for holding the mixture to be frozen. The mixture in the container is stirred by a paddle attached through the cover to a crank which is operated by hand or which may be attached to a small electric motor.

Ice Crusher—A bag of heavy muslin, burlap, canvas or sailcloth is required to hold the ice while it is broken into small pieces. Some implement is necessary for pounding the ice in the bag. A wooden mallet is generally preferred because it crushes the ice more thoroughly and quickly than a smaller implement. Very satisfactory mallets and bags for breaking ice can be bought.

The Freezing Mixture—One part salt to eight parts crushed ice, by measure, is a good proportion for home use. The ice should be crushed fine, to expose as much surface as possible

to the action of the salt. Snow may be used instead of ice, but it is advisable to mix a small amount of water with the snow to hasten the melting process. Rock salt is best for use in freezing. Mix the ice and salt before putting them into the freezer, and fill the freezer well above the line of the mixture in the ice-cream container.

The Automatic Freezer

This variety of freezer requires no turning. The wall of the outer compartment is constructed with an air-space which helps to keep the warm air from entering and the cold air about the ice from escaping. The ice-cream is placed in the smaller container, covered and packed in ice and salt in the larger container. At intervals the cover is removed and the contents scraped from the side and beaten well with a spoon or paddle. It requires the minimum amount of ice and work to do the freezing and the frozen product is of a satisfactory quality, although not so smooth as that made by the freezer in which the mixture is stirred while freezing.

The Automatic Refrigerator

For speedy freezing, the temperature in the ice-making drawer of the refrigerator must be under twenty degrees. Your refrigerator is designed to keep foods at an even low temperature, and the freezing of desserts is an extra service. If yours will not freeze them, it is possible to have a switch added which will keep the motor operating continuously during the freezing period, or the valves may be readjusted to give the whole box a lower temperature.

No one, however, should be allowed to make adjustments or tamper with the valves except the electrician sent out by the salesman.

Preparation of Ingredients

Use More Flavoring in all mixtures that are to be frozen than in mixtures that are to be served unfrozen, because the flavor freezes out to some extent. Stir well and thoroughly dissolve sugar before freezing.

Crush Fruit for fruited creams or put it through a food-chopper. Large pieces of icy fruit are difficult to eat. Partly freeze the mixture before adding the fruit, otherwise the milk or cream may curdle and the fruit may settle to the bottom.

Scalding (not boiling) at least part of the cream and milk will give greater body and finer grain to ice-cream than it will have if the cream and milk are used without this preparation.

Chill the Mixture before beginning to freeze. The best temperature is about 40° F. It should never be over 60° F. If it is too warm the cream may curdle before freezing.

Freezing Ice Cream

To Freeze Ice Cream in a Crank Freezer, have the ice-cream container not more than three-fourths full. The turning of the crank incorporates air in the mixture and the freezing causes expansion, so allow plenty of room for "swell." Place the can containing the mixture in the freezer pail. Cover the can and adjust the top. Turn the crank to be sure that the cover fits tight. Add the ice and salt mixture as directed. Turn the freezer slowly until the mixture begins to freeze; then turn it more rapidly. This beats up the cream and produces a swell.

Ice cream takes from twelve to twenty minutes to freeze in a crank freezer. Ices and sherbets take from twenty to thirty minutes.

To Freeze Ice Cream in a Vacuum Freezer, pack in the same manner as when a crank freezer is used. Several times during the two hours that are necessary for freezing, remove enough ice so that you can uncover the can without danger of salting the cream; scrape the mixture from the sides of the can with a spoon or paddle and beat thoroughly.

For Quick Results with the Automatic Refrigerator, take these precautions:

1. Chill your mixture well before freezing.
2. Do not try to freeze pans of water at the same time with desserts.
3. Do not open and close your refrigerator doors often or place warm, steamy foods in the box while you are freezing desserts.
4. Do not have the mixture too sweet or it will not freeze.

Ice cream mixtures having a heavy custard base respond very well to the automatic refrigerator. It is best to cook only the yolks of the eggs, then chill, and finally fold in the beaten whites just before freezing. This method not only gives a better texture but a greater volume to the finished product.

Refreshing and palatable sherbets may be frozen in the auto-

matic refrigerator, but they are likely to be granular even when gelatin and beaten egg-whites are added.

Ice-creams and sherbets, and all other frozen desserts having a custard or gelatin foundation should be very vigorously stirred one hour after being placed in the refrigerator to freeze, and several times subsequently at half to three-quarter-hour intervals.

The addition of whipped cream does much to make the texture fine and smooth. Crushed fruit, marshmallows, grape nuts and crumbled graham crackers will also make desirable textures.

Recipes which are especially good for refrigerator freezing are: rennet-custard ice cream, maple-fruit ice cream, peach ice cream—No. 2, prune ice cream, raspberry ice cream, chocolate ice cream, frozen pudding, peach meringue, maple mousse, strawberry mousse, maple parfait, biscuit glacé, charlotte glacé and marshmallow mousse.

In all of these recipes, except the rennet-custard ice cream, the cream must be whipped. In making chocolate ice cream, add the whipped cream when the mixture is half frozen.

Packing and Molding Frozen Desserts

Ice-cream is ready for packing when it has a dull appearance, adheres to a spoon and retains its shape for some time. By thermometer test it should be about 27° F. It should be firm and mellow, smooth and velvety, free from grains or lumps and neither tough nor mushy. Ice-creams and ices that are to be molded should be packed into the molds at this time.

To Pack Ice Cream in the Freezer, drain off the brine and pack the can in coarse cracked ice and salt. Use one part salt to four of ice by measure. Cover the top of the can with a layer of ice about six inches thick. Cover the top of the freezer with newspapers or burlap or any other covering that will exclude air. Set the freezer in a cool place and let it stand two or three hours, for the ice-cream to ripen.

When Frozen Mixtures are to be Molded, have the mold chilled and ready when the mixture is frozen to the point where it is ready for packing. If it is allowed to freeze too hard before it is packed into the molds, it is difficult to handle.

Pack the Mixture Into the Mold Carefully, so that all curves and corners are filled compactly without air spaces;

fill the mold to overflowing with the frozen mixture and cover with a sheet of white paper.

Press the Cover Down Tight and seal the crack with a thick layer of some fat that is hard when it is cold. The crack must be completely covered. Bury the mold in cracked ice and salt, using four parts of ice to one part of salt, by measure.

In Packing a Mousse or Parfait, use equal measures of salt and ice and let the mold stand from three to five hours, depending on its size.

When Using the Automatic Refrigerator, pack the mixture into the trays. Allow four hours for freezing, until you find that your refrigerator will freeze more quickly.

Paper Cases May be Filled with chilled or partly frozen mixtures. These may be placed in a closely covered receptacle and packed in ice and salt or placed in the trays of the automatic refrigerator.

Double Molding—Line the mold with a frozen mixture, making the layer equally thick in all parts. Fill the center with a mixture of contrasting color or texture or both. This mixture may or may not have been frozen first.

Unmolding Frozen Desserts

To unmold a frozen dessert, remove the mold from the ice mixture, rinse off the salt with cold water, break the seal, remove the cover and run a knife around the edge of the mold to a depth of not more than one-half inch. Invert the mold on a serving-plate. Let it stand for a few minutes and the contents will soon slip out. If it does not come out easily, dip a cloth into lukewarm (not hot) water wring as dry as possible and wipe quickly over the outside of the mold.

Suggestions Concerning Flavor and Texture

The Amount and Quality of Flavoring Extracts used are very apparent in the finished product. Some of the flavor freezes out, so an allowance must be made for this. The flavor should be delicately suggested rather than too pronounced.

The Amount of Fat in the Cream also affects the flavor. A rich cream has a better flavor than a thin cream.

Salt Added in Small Quantities—not more than one-half teaspoon to a gallon of the cream mixture—serves to give a "rounded out" or deeper flavor.

Ice Cream Should Stand Several Hours to ripen or blend the many flavors of the eggs, sugar, fruit, nuts, chocolate, and other substances found in the product. Each flavor may be distinguished in freshly frozen ice-cream.

If a Colored Product is Desired, only a small amount of coloring should be used. A delicate tint is all that is desired.

Texture is Affected by Whole Cream, egg-white, gelatin and cooked combinations such as milk and corn-starch or flour, and milk and eggs. A smooth velvety texture is desired. Other things being equal, a richer mixture gives a smoother product. A thin cream gives a coarse texture.

Texture is Also Affected by the Manner of Freezing. If the mixture is frozen too rapidly, it will be coarse and have a rough texture, while a slower freezing tends to improve its texture. This smoothness is not entirely due to the rate of freezing, however, but to the amount of whipping or beating which takes place before and during the freezing. If frozen without any beating, the product will be coarse even though made from a rich cream. The air that is beaten into the mixture in freezing produces a light smooth consistency.

A Certain Amount of Expansion is Desirable. If ice-cream is properly made, the volume increases at least one-third and the product is smoother in texture and richer to the taste than in a cream containing no air. Too rapid freezing prevents this increase of volume.

Ice Creams

VANILLA ICE CREAM

Philadelphia—

1 quart thin cream ¾ cup sugar ½ tablespoon vanilla

Dissolve the sugar in the cream, add the vanilla and freeze.

American.

1 pint milk
2 tablespoons flour
2 tablespoons water
¾ cup sugar
2 egg-yolks
1 cup heavy cream
1 teaspoon vanilla

Scald the milk, stirring constantly. Mix the flour and cold water to a smooth paste and add to it slowly the scalded milk, continuing the stirring. When thickened, cook over hot water

for about fifteen minutes. Add sugar and beaten egg-yolks and cook two minutes. Strain the custard through a fine sieve and, when cold, add the cream and vanilla and freeze. This makes a smooth, rich cream.

For variation, use dark-brown sugar or maple sugar instead of the white sugar.

FRENCH.

6 egg-yolks
5 cups medium cream
¾ cup sugar
Vanilla bean

Scald the cream with a piece of vanilla bean. Beat the egg-yolks, add the sugar and pour the cream slowly on the mixture, beating constantly. Cook in a double boiler until it thickens, watching it carefully. Cool, chill, and freeze.

APRICOT ICE CREAM

1 pint milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
1½ cups strained apricot-pulp and juice

Make custard as directed for vanilla ice-cream. When cool, add the apricot-pulp and juice, and freeze.

No. 2.

1 cup dried apricots
1 cup sugar
2 cups thin cream
1 cup milk

Soak the apricots over night and stew them until tender. Put them through a sieve. Add the sugar to the hot apricots, stirring until dissolved. When cold, add the cream and then the milk, stirring constantly. Freeze.

BANANA ICE CREAM

1 pint milk
1 tablespoon flour
1 tablespoon water
⅛ teaspoon salt
1 egg
½ cup sugar
1 pint thin cream
½ teaspoon lemon flavoring
2 bananas

Make custard as directed for vanilla ice-cream, American (page 563). Remove skins; scrape the bananas with a knife; put through a sieve, and add to the cold custard mixture. Freeze.

BERRY ICE CREAM

1 pint milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
1½ cups crushed berries

Make custard as directed for vanilla ice-cream, American (page 563). When it has cooled, freeze partly; add the crushed berries, and complete freezing.

CARAMEL ICE CREAM

2 cups milk
1 egg
½ cup sugar
1 cup thin cream
½ cup macaroons

Caramelize half the sugar (see Index). Combine the milk, beaten egg, sugar and caramelized sugar. Heat the mixture to the boiling-point. When cool, add the cream and the macaroons crushed fine. Beat well and freeze.

BISQUE ICE CREAM

Add one cup of macaroon-crumbs to caramel ice-cream.

CHOCOLATE ICE CREAM

1 pint milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
1 teaspoon vanilla
1½ squares unsweetened chocolate

Make custard as directed for vanilla ice-cream, American (page 563), adding the chocolate to the milk when scalding. Cool and freeze.

CINNAMON ICE CREAM

Use the recipe for vanilla ice-cream, American (page 563). When the milk is put on to scald, add a piece of stick cinnamon about one inch long and one square of chocolate, grated. Beat the custard thoroughly with an egg-beater to insure smooth-

ness of color. The cinnamon imparts a rich, spicy taste that is as elusive as it is delicious.

GENERAL DIRECTIONS FOR MAKING FRESH FRUIT ICE CREAM

Prepare any desired fruit by sprinkling sugar over it. Let it stand one hour, press through a coarse sieve and stir into vanilla ice-cream, American (page 563), when the cream is frozen to a mush.

If Seed Fruits, such as currants or berries are used, strain through a fine sieve or a piece of cheese-cloth and use the pulp only. This can be put into the freezer with the cream and not reserved until later, as in the case of the mashed fruits.

Crushed Pineapple with the addition of a little lemon-juice makes a particularly fine fruit cream.

VANILLA RENNET-CUSTARD ICE CREAM

2 rennet tablets
3 cups milk
2 tablespoons cold water
1 cup heavy cream
1 cup sugar
1 tablespoon vanilla

Dissolve rennet tablets in cold water. Warm the milk, cream, sugar and vanilla until lukewarm (110° F.). Remove from stove. Add dissolved tablets, stir a few seconds; pour at once into freezer can. Let set until firm and cool. Freeze.

MAPLE-FRUIT ICE CREAM

1 cup maple sirup
2 cups cream
½ cup candied cherries
1 cup crushed pineapple, fresh or canned

Combine all ingredients and freeze.

MARSHMALLOW ICE CREAM

1 pint milk
1 egg
¾ cup sugar
⅛ teaspoon salt
1 pint thin cream
1 tablespoon vanilla
½ cup marshmallows

Make custard as directed for vanilla ice-cream. Add the marshmallows cut into small pieces. Cool and freeze.

THREE EXCELLENT REASONS FOR ICE CREAM, STRAWBERRIES AND REFRIGERATORS

—National Dairy Council

—Corning Glass Works

PATTERNS OR MERINGUE MOLDS—FLAVORED WITH CHOCOLATE OR FRUIT—HOWEVER YOU SERVE IT, ICE CREAM IS AMERICA'S FAVORITE DESSERT

—The Junket Folks

AN IRRESISTIBLE SUMMER SYMPHONY OF FRUIT AND ICE CREAM

—The Junket Folks

GENERAL DIRECTIONS FOR MAKING NUT ICE CREAM

Add one-half cup of chopped nuts to a quart of vanilla, chocolate or caramel ice-cream when the mixture is frozen to a mush. Finish freezing.

ORANGE ICE CREAM

1 cup milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
1 cup orange-juice

Make custard as directed for vanilla ice-cream, American (page 563). Cool, add the orange-juice slowly, then freeze.

PEACH ICE CREAM

No. 1.

1 pint milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
2 cups peach-pulp and juice

Make custard as directed for vanilla ice-cream, American (page 563). When cool, add the peach-pulp and juice, and freeze.

No. 2.

1 cup fresh peach-pulp
½ cup sugar
¼ cup boiling water
2 cups cream

Make a sirup by boiling the sugar and water together for five minutes. Add the peaches and put the mixture through a strainer. Add the cream and freeze.

PISTACHIO ICE CREAM

Use the recipe for vanilla ice-cream, American (page 563). Scald three-fourths cup of blanched pistachio nuts with the milk. The mixture may be colored with green vegetable coloring, and the nuts may be put through a food-chopper, if desired. Cool and freeze.

PRUNE ICE CREAM

1 cup prune-pulp
1 cup sugar
Juice of 1 lemon
Juice of 1 orange
⅛ teaspoon salt
½ cup milk
1 cup cream

Rub cooked prunes through a sieve, to obtain the pulp. Add the remaining ingredients, the cream, whipped, last of all, mix thoroughly and freeze.

RASPBERRY ICE CREAM

1 quart raspberries 2 cups sugar 1 quart cream

Mash the berries and sugar together, and let them stand for an hour. Rub through a strainer, add the cream, and freeze.

ROSE ICE CREAM

4 cups light cream
3 cups heavy cream
1 cup milk
1 cup sugar
1 to 2 teaspoons rose extract
¼ teaspoon salt
Pink vegetable coloring

Mix all the ingredients together thoroughly and freeze without cooking.

BAKED ALASKA

No. 1.

Vanilla ice-cream
Sponge cake
4 egg-whites
4 tablespoons powdered sugar

Fill a round mold with vanilla ice-cream, pack and freeze, hard. At serving time, beat the whites of the eggs until light, add the powdered sugar and whip until light and dry. Turn the ice-cream on to a sheet of sponge cake placed on a board and cover it thoroughly with the meringue. Dust well with powdered sugar and set the whole in a hot oven (400°-450° F.) for a moment to brown. Place on a serving platter and serve at once.

No. 2, Individual—Cut sponge cake into thick slices and cut out the center of each slice, leaving about half an inch on each of the four sides and on the bottom. Set these cake boxes on a board, put slices of well frozen ice-cream inside, and cover with meringue, piling it up at the sides. Set in a hot oven

(400°-450° F.) for a moment to brown the meringue. Remove to a serving-dish and fill the hollows on top with any preserved fruit or nut mixture.

ICE CREAM SANDWICHES

Between thin slices of devil's food, angel cake, sponge cake or butter cake, or between halves of éclair or cream-puff shells, place a serving of ice-cream of a flavor to blend well with the cake. Cover with chocolate, butterscotch, marshmallow, maple or fruit sauce, either hot or cold, and top with whipped cream and nut-meats of various kinds, moist coconut, powdered or granulated chocolate or pieces of fresh or canned fruit.

For example: (1) Between thin slices of gold or white cake, place a slice of vanilla ice-cream; over the whole pour plain marshmallow sauce or whipped cream and garnish with several tablespoons of crushed strawberries. (2) Fill a cream-puff shell with peach ice-cream and pour over it a peach sirup, topped with whipped cream. (3) Place chocolate or vanilla ice-cream between layers of white or angel cake and cover with a thick fudge sauce.

SUNDAES

Vanilla, chocolate or any other ice-cream served in a low glass, with sweetened crushed fruit or any desired sauce poured over it, is known as a sundae. Whipped cream, nuts, marshmallow cream, etc., may be added as a garnish.

NEAPOLITAN ICE CREAM

1 pint strawberry ice-cream
1 pint pistachio ice-cream
1 pint orange ice

(Any preferred combination of flavors may be used instead of these)

Pack a mold in salt and ice and spread the strawberry ice-cream smoothly over the bottom. If it is not very firm, cover and let it stand for a few minutes. Spread a good layer of orange ice upon it, and as soon as this hardens, spread over it the pistachio ice-cream. Cover and freeze.

Frozen Puddings

FROZEN PUDDING

2 eggs
1 cup sugar
Pinch salt
2½ cups milk
1 cup heavy cream
1 cup candied fruit or nuts

Make a custard of the eggs, sugar, salt, milk and cream. Cool and freeze. Fill a mold with alternate layers of the frozen cream and candied fruit or nuts. Cover and freeze.

MOCHA BISCUIT

1 quart milk
½ cup pulverized coffee
6 eggs
½ cup sugar
2 tablespoons flour

Put the milk into a double boiler, drop into it a muslin bag containing the pulverized coffee and let it infuse for fifteen minutes, keeping the milk at the scalding point. Beat the eggs and sugar together until smooth. Remove the bag of coffee from the milk, add the flour stirred with a little cold milk or water and cook fifteen minutes. Pour over the egg mixture and return to the double boiler to cook until smooth and thick. When cold partly freeze, then fill paper cases with the mixture and complete the freezing. Serve garnished with whipped cream.

NESSELRODE PUDDING

3 cups milk
1½ cups sugar
5 egg-yolks
⅛ teaspoon salt
1 pint cream
3 tablespoons pineapple sirup
1 cup almonds
1 cup French chestnuts
¼ cup seeded raisins
¼ cup assorted fruits

Make a custard of the milk, sugar, egg-yolks and salt. When cool, add the cream and pineapple sirup. Blanch the almonds and chop them fine, then pound to a paste. Shell the chestnuts, blanch and boil until tender. Force through a sieve, and add to the custard. Freeze.

Line a two-quart melon mold with half the frozen mixture. To the remaining half, add a half-dozen large French chestnuts which have been boiled until tender, also the raisins and the assorted fruits cut in bits. Fill the mold with this mixture, cover

and pack in ice and salt for two hours, or pack and freeze in the trays of the mechanical refrigerator. This is often served in individual paper cases with a bit of candied fruit on top of each.

PEACH MERINGUE

¼ teaspoon gelatin
1 tablespoon cold water
¼ cup boiling water
¼ cup sugar
⅔ cup cream
2 egg-whites
1 teaspoon vanilla
Peach ice-cream

Soak the gelatin in the cold water and dissolve it in the boiling water. Add sugar and stir until it is dissolved. Add the cream. When it begins to thicken, pour slowly over the beaten whites of eggs and continue beating until it is the consistency of whipped cream. Add vanilla. Line a round mold with frozen peach ice-cream and fill the center with the meringue. Pack in ice and salt, and let stand three to four hours, or pack and freeze in the trays of the mechanical refrigerator.

Mousses and Parfaits

STRAWBERRY OR OTHER FRUIT MOUSSE

1 pint rich cream 1 cup fruit-pulp Vanilla

Whip and drain the cream. Mix with it the pulp of any fruit drained free of juice and sprinkled well with powdered sugar. Add vanilla, mold, and pack in ice and salt for three hours, or pack and freeze in the trays of the mechanical refrigerator.

MAPLE MOUSSE

1¼ cups maple sirup
½ cup sugar
5 cups cream
2 tablespoons gelatin
¼ cup cold water

Combine maple sirup, sugar and one cup of cream and bring to a boil, stirring constantly. Add the gelatin softened in water and dissolved over heat. Strain, cool in ice-water until the mixture thickens, then add the remainder of the cream, whipped stiff. Place in a mold, pack in ice and salt and let stand for four hours, or pack and freeze in the trays of the mechanical refrigerator.

MAPLE PARFAIT

¾ cup maple sirup 3 egg-whites 1 pint cream

Cook maple sirup to the light crack stage (270° F.). Pour the sirup over the beaten whites of the eggs and beat until cold. Fold into the stiffly whipped cream. Mold and pack in ice and salt for four hours, or pack and freeze in the trays of the mechanical refrigerator. Serve in parfait glasses with whipped cream.

MARSHMALLOW MOUSSE

1 pint cream
1 cup top milk
6 marshmallows
½ cup chopped nut-meats
¾ cup powdered sugar
7 maraschino cherries, cut in pieces
½ teaspoon vanilla
1 egg-white, beaten

Warm the milk, add marshmallows and beat well to dissolve, then chill. Beat egg-white and fold in with the sugar and vanilla. Beat cream very stiff, and fold in, together with the nuts and cherries. Pack in ice and salt or freeze in the trays of the mechanical refrigerator not less than two and a half hours.

BISCUIT GLACÉ

1 cup sugar
¼ cup water
4 egg-yolks
3⅓ cups cream
1 teaspoon vanilla
Pulverized macaroons

Make a thick sirup of the sugar and water. Beat the yolks of the eggs and add the sirup and one-half cup of the cream. Place all in a saucepan over a slow fire and stir constantly until it forms a thick coating on the spoon. Empty into a mixing-bowl, set on ice, beat until it is cold and stiff, and then add the remainder of the cream beaten very stiff. Flavor with vanilla or any preferred extract.

Pack the mixture in small paper boxes, sprinkle with pulverized macaroons, and set in a covered container. Pack in ice and salt and let stand for four hours, or pack and freeze in the trays of the mechanical refrigerator.

BAKED ALASKA, A TOOTHSOME TREASURE WORTH PROSPECTING FOR IN ANY COUNTRY
—Irradiated Evaporated Milk Institute

MORE MOLD MAGIC IN THIS SUMPTUOUS BOMBE OF CHOCOLATE AND VANILLA ICE CREAM

—Irradiated Evaporated Milk Institute

YOU CAN BUY THE MAKINGS FOR THIS LUSCIOUS LOAF OF ICE CREAM AND DEVIL'S FOOD

—National Dairy Council

CHARLOTTE GLACÉ

¼ cup powdered sugar
1 pint thick cream
1 teaspoon vanilla
½ tablespoon gelatin
4 tablespoons cold water

Dissolve sugar in cream. Add vanilla. Soften the gelatin in cold water, dissolve over heat and combine the two mixtures. Fill a cylindrical mold (a baking-powder can will do very nicely) and pack in salt and ice for two hours, or pack and freeze in the trays of the mechanical refrigerator. Turn out on a platter, surround with lady fingers, cover the top with whipped cream and serve.

Ices and Frozen Fruits

CRANBERRY ICE

1 quart water 1 quart cranberries 3 cups sugar

Make a sirup by boiling water and sugar together for five minutes. Boil the cranberries in a little water until soft, then press through a sieve. Add to the sirup, cool, and freeze.

LEMON ICE

1 quart water 2 cups sugar ¾ cup lemon-juice

Make a sirup by boiling the water with the sugar for five minutes. Add the strained lemon-juice, cool and freeze.

ORANGE ICE

1 quart water
2 cups sugar
2 cups orange-juice
2 grated orange-rinds
¼ cup lemon-juice

Make a sirup as for lemon ice. Add the fruit-juices and grated rind. Strain, cool and freeze.

RASPBERRY AND CURRANT ICE

2 cups sugar
1¼ cups currant-juice
¾ cup raspberry-juice
1 quart water

At least one quart each of the berries and currants will be needed to give the required amount of juice. Sprinkle one-

half cup of the sugar over them, stir well and let stand for one hour. Strain through a fine sieve or cheese-cloth. Make a sirup of the remaining sugar and the water. Add the fruit-juice, strain, cool and freeze.

GRAPE ICE

⅔ cup sugar
1 cup grape-juice
¼ cup orange-juice
1½ cups water
2 tablespoons lemon-juice

Boil the sugar and water together for five minutes. Mix all the ingredients together, strain and freeze.

COUPE SAINT JACQUES

Fruit cup
Lemon ice
Maraschino cherries
Angelica

Fill champagne glasses with fruit prepared by the recipe for fruit cup, No. 1 (See Index). Over the top spread a thick layer of lemon ice, decorating the center with one Maraschino cherry, and four leaves of angelica radiating from it.

FROZEN STRAWBERRIES OR OTHER FRUIT

Strawberries, raspberries, fresh peaches or crushed pineapple make delicious frozen fruit. Mash or crush the fruit very fine, add half as much sugar as there is fruit and allow it to stand until a sirup is formed. Freeze in a crank freezer or pack in the trays of a mechanical refrigerator and stir occasionally while it is freezing.

Canned Fruits, especially pears, and peaches in heavy sirup, may be frozen in the can. Pack in ice and salt, allow two or three hours for freezing, open the can and serve in slices.

Sherbets Made without Gelatin

CURRANT SHERBET

3 pints red currants
1 pint red raspberries
2 cups water
1½ cups sugar
3 tablespoons lemon-juice
2 egg-whites

Place currants, raspberries and a cup of the water in a kettle and simmer slowly together for a few minutes. Strain, add

remaining water, sugar and lemon-juice. Dissolve sugar in the fruit-juice mixture, cool and freeze to a mush. Stir in the beaten whites of eggs. Pack and let stand several hours.

LEMON SHERBET

No. 1—With Water.

1 quart water
3 cups sugar
¾ cup lemon-juice
2 egg-whites

Make a sirup by boiling sugar and water together for five minutes. Add lemon-juice, cool and freeze to a mush. Add the beaten whites of the eggs and continue freezing.

No. 2—With Milk.

½ cup lemon-juice 1½ cups sugar 1 quart milk

Mix together the lemon-juice and sugar and add to the milk slowly, stirring constantly. If the ingredients are cold, and the acid is added slowly to the milk, rather than the milk to the acid, there is little danger of the mixture curdling. However, if it does curdle slightly the quality of the sherbet will not be affected. Strain and freeze.

PINEAPPLE SHERBET

1 quart water
2 cups sugar
1 lemon
2 cups crushed pineapple, fresh or canned
2 egg-whites

Boil water and sugar together for five minutes. Scald the pineapple in the boiling sirup, and rub through a sieve. Cool, add lemon-juice and freeze to a mush. Add the beaten whites of the eggs and continue freezing.

RASPBERRY SHERBET

1 cup sugar
1 quart raspberries
1 tablespoon lemon-juice
1 egg-white

Add sugar to the raspberries, and let stand in refrigerator for two hours. If the mixture does not seem sweet enough, more sugar may be added. Add lemon-juice and beaten egg-white and freeze. Serve in glasses garnished with whipped cream.

Sherbets Made with Gelatin

STANDARD RECIPE FOR SHERBETS MADE WITH GELATIN

1 tablespoon gelatin
1½ cups cold water
½ cup boiling water
1 cup sugar
Fruit-juice

Soak the gelatin in one-half cup of the cold water. Add the boiling water and stir until disolved. Then add the sugar, remainder of cold water, and the strained juice of any fruit. Chill and freeze.

LEMON—Use the strained juice of six lemons.

ORANGE—Use the strained juice of six oranges and two lemons.

RASPBERRY—Use a pint of strained raspberry juice and the juice of two lemons.

STRAWBERRY—Use a pint of strained strawberry juice and the juice of two lemons.

CRANBERRY SHERBET

1 quart water
2 cups sugar
1 tablespoon gelatin
2 lemons
1 pint cranberry-juice

Boil the water and sugar together for five minutes. Add the gelatin, which has been softened in cold water and dissolved over heat, the lemon-juice, and cranberry-juice. Strain, cool and freeze.

GINGER SHERBET

2 quarts water
3 cups sugar
6 lemons
1 tablespoon gelatin
¼ cup sirup from Canton ginger
1 teaspoon powdered ginger
2 egg-whites, if desired

Boil water and sugar together for five minutes. Add lemon-juice, gelatin softened in a little cold water, the sirup and the powdered ginger. Freeze to a mush, then stir in the beaten egg-whites (these may be omitted). Serve in sherbet glasses.

PEACH SURPRISE SHERBET

2 cups sugar
1 quart water
1 teaspoon gelatin
2 cups peach pulp
1 lemon
2 oranges

Boil sugar and water together for five minutes, add the gelatin softened in cold water. When the mixture is cold, add the peach pulp, which has been pressed through a sieve, and the juice of lemon and oranges. Freeze.

RASPBERRY SHERBET

2 tablespooons gelatin
3 cups cold water
1 cup boiling water
2 cups sugar
1 cup strained raspberry juice
3 tablespoons lemon juice

Soften gelatin in ½ cup cold water; dissolve in boiling water, and add sugar, fruit juices and remaining 2½ cups cold water; strain and freeze (page 558). Yield: 2 quarts sherbet.

STRAWBERRY SHERBET

Use 1 cup strained strawberry juice; freeze.

RHUBARB SHERBET

Use 1 cup stewed, sieved, pink rhubarb, and omit lemon juice; freeze.

CARDINAL ICE

1 quart raspberries
1 quart currants
3 cups sugar
2 cups water

Wash, pick over berries. Add 1 cup sugar to each, mash slightly, cover and let stand in warm place 2 hours, or until juice is drawn out; strain through cloth. Make a sirup of remaining cup of sugar and water as for lemon ice (page 573);

add fruit juices, cool, strain and freeze (page 558). Yield: 3 pints ice.

AVOCADO PIQUANT CRÈME

1½ ripe large avocados
¼ cup honey
¼ teaspoon salt
¼ teaspoon celery salt
⅓ cup lime juice

Peel and remove seed from avocados; force pulp through sieve; add remaining ingredients and blend well. Pour into freezing tray of automatic refrigerator with temperature control set at coldest point. Freeze 2 to 4 hours, or until firm, stirring once during freezing. Serve in sherbet glasses with lamb, turkey or game; or serve as dessert.

BOMBES

Peach Bombe—Line a melon mold evenly with peach ice cream; fill center with peach mousse mixture; cover, pack in ice and salt and freeze 3 hours (page 561).

Coffee Bombe—Line a melon mold evenly with vanilla or chocolate ice cream; fill with Mocha biscuit mixture (page 570); cover, pack in ice and salt, and freeze 3 hours (page 561).

Pistachio Bombe—Line a melon mold evenly with vanilla ice cream; fill with pistachio cream (page 567); pack in ice and salt and freeze 3 hours (page 561).

Chocolate-Vanilla Bombe—

¼ cup sweet butter
½ cup sugar
2 cups irradiated evaporated milk
⅛ teaspoon salt
1 egg
1 teaspoon gelatin
1 cup water
2 teaspoons vanilla

Cream butter. Add sugar and cream until fluffy. Beat in egg. Soften gelatin in 2 tablespoons water. Scald 1 cup milk. Add gelatin to milk. Stir hot gelatin-milk mixture into butter-sugar mixture. Add remaining water, milk, salt and vanilla. Freeze.

To Make Chocolate—Heat 2 ounces finely chopped bitter chocolate with one cup of the milk, add softened gelatin and dissolve. Proceed as above, with ingredients as for Vanilla.

SAUCES FOR DESSERTS

APRICOT SAUCE

¾ cup apricot pulp ¾ cup heavy cream Sugar

DRAIN canned apricots from their sirup and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste.

BUTTERSCOTCH SAUCE

1½ cups light brown sugar
¼ cup water
4 tablespoons butter
½ tablespoon lemon-juice
½ cup chopped nut-meats

Boil sugar and water together to the soft ball stage (234°-240° F.) Add butter, lemon-juice and nut-meats.

CARAMEL SAUCE

1 cup sugar
1 tablespoon cold water
1⅓ cups hot water
1 tablespoon corn-starch
1 tablespoon butter
1 teaspoon vanilla

Place the sugar and cold water in a pan and stir until the resulting sirup is a clear brown, but not so dark as caramel; then add the hot water and stir until the whole is well blended. Add the corn-starch mixed with a little cold water and boil for five minutes. Continue cooking over hot water for fifteen minutes, stirring all the time. Beat in the butter and vanilla.

CHERRY SAUCE

1 cup sugar
½ cup butter
1 tablespoon corn-starch
½ cup water
½ cup cherry-juice

Cream the sugar and the butter, add the corn-starch and the liquid, and boil over hot water for five minutes, stirring constantly. Continue cooking for twenty-five minutes.

No. 1. CHOCOLATE SAUCE

1½ cups sugar
½ cup water
¼ cup rich milk or water
4 squares unsweetened chocolate
½ teaspoon vanilla

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk. (If to be used with ice-cream, use water instead of milk.)

No. 2.

1 cup sugar
½ cup water
½ teaspoon vanilla
1 square chocolate
1 tablespoon butter

Mix together the sugar, water and grated chocolate. Boil for five minutes. Cool slightly and add the butter and vanilla.

COFFEE SAUCE

1 cup clear black coffee 3 egg-yolks ⅓ cup sugar

Make a soft custard of the three ingredients. This is delicious for vanilla or lemon ice-cream.

CUSTARD SAUCE

Use recipe for soft custard (See Index). If a thinner sauce is desired, the custard may be thinned with a little cream.

FOAMY SAUCE

½ cup butter
1 cup confectioners' sugar
1 egg
2 tablespoons hot water
1 teaspoon vanilla

Cream the butter and gradually add the sugar, the egg, well beaten, and the hot water. Heat over hot water, beating continually until it thickens. Add the vanilla and serve.

HARD SAUCE

⅓ cup butter
1 cup powdered, granulated, brown or maple sugar
1 teaspoon vanilla or other flavoring

Cream the butter until very soft, then stir in the sugar and the flavoring. Set in a cool place until required for use. A grating of lemon-rind or nutmeg, or a sprinkle of powdered cinnamon may be used instead of the vanilla. Cream or milk may be added, with more sugar to make more sauce. This sauce may be used with a hot pudding of any kind.

HONEY SAUCE

1 egg
½ cup honey
1 cup hot water
1½ tablespoons butter
½ lemon, juice and grated rind

Beat the egg, and add the other ingredients in the order given. Cook over hot water for about fifteen minutes, stirring constantly.

LEMON SAUCE

½ cup sugar
1 tablespoon corn-starch
2 tablespoons lemon-juice
Nutmeg Salt
2 tablespoons butter
1 cup boiling water

Mix the sugar and corn-starch, add the boiling water and a pinch of salt and boil until thick and clear. Continue cooking over hot water for twenty minutes. Beat in the butter, the lemon-juice and nutmeg. A grating of lemon-rind may be added.

MAPLE SAUCE

½ cup water
½ cup walnut-meats
1 pound (2 cups) maple sugar or 2 cups brown sugar

Add the water to the maple sugar and boil until it reaches the thread stage (230°-234° F.). Add the walnut-meats broken into small pieces. This sauce is good with ice-cream, blanc mange or custard. It may be used hot or cold.

MARSHMALLOW SAUCE

¾ cup sugar
¼ cup milk
½ pound marshmallows
2 tablespoons water

Boil the sugar and milk to the thread stage (230°-234° F.). Cool and beat until thick and white. Set in boiling water and stir until thin enough to pour. Stir the marshmallows with the water in a double boiler until smooth. Pour the sirup over the melted marshmallows and beat together. Keep warm, but not hot.

FRUIT MARSHMALLOW SAUCE

Thin commercial marshmallow whip with fruit-juice.

MARSHMALLOW MINT SAUCE

½ cup sugar
¼ cup water
8 marshmallows
1 egg-white, beaten stiff
1 drop oil of peppermint
Green coloring matter

Make a thin sirup of the sugar and water (220°-230° F.). Cut the marshmallows in quarters and add to the sirup. Pour the mixture over the egg-white gradually, beating vigorously. Add the flavoring and tint a delicate green. This sauce is excellent served with chocolate ice-cream.

MOLASSES SAUCE

1 cup molasses
1½ tablespoons butter
1 tablespoon lemon-juice or vinegar

Boil the molasses with the butter for about five minutes. Remove from the fire and slowly stir in the lemon-juice or vinegar. This sauce is especially good with brown betty or Indian pudding.

ORANGE SAUCE

5 tablespoons butter
½ cup sugar
½ cup boiling water
3 egg-whites
Juice of 2 oranges
1½ tablespoons lemon-juice

Cream the butter with the sugar. Put into a saucepan over hot water and add the boiling water. Then beat in the stiffly beaten whites of the eggs, the orange-juice and lemon-juice and continue beating until light and foamy.

PLUM PUDDING SAUCE

¼ cup butter
1 cup powdered sugar
2 tablespoons cider
2 eggs
½ cup rich milk or cream

Cream the butter and powdered sugar. Add the cider and the well-beaten yolks of the eggs. When well mixed, stir in the milk or cream. Cook in a double boiler until it is as thick as a custard and then gradually pour it into the beaten whites of the eggs, beating constantly.

RAISIN SAUCE

½ cup seeded raisins
1 cup boiling water
¾ cup sugar
½ teaspoon lemon-juice
¼ cup chopped citron
1 teaspoon corn-starch
1 tablespoon butter

Simmer the raisins and citron in the water until the raisins are tender (about one hour). Sift the sugar and corn-starch together and add to the raisin mixture. Mix well and continue cooking for ten minutes. Add the butter and lemon-juice.

SUGAR BRITTLE

Stir one-fourth cup of sugar without any water in a saucepan over the fire until melted and of an amber color. Turn on to an oiled pan. When cold, pound in a mortar or in several folds of cloth. This may be sprinkled over any ice-cream.

STRAWBERRY OR OTHER BERRY SAUCE

No. 1.

2 cups berries
1 tablespoon butter
1½ cups powdered sugar
1 tablespoon granulated sugar
1 egg-white

The small fruits such as strawberries, raspberries and blackberries, make most satisfactory sauce for desserts. Place the berries in a bowl, add the granulated sugar and mash slightly. Refrigerate until time to serve. Beat the butter to a cream, add the powdered sugar gradually, working it in well. Then add the egg-white, beaten stiff. Just before serving, combine with the mashed berries.

No. 2—Crush ripe berries in sugar.

VANILLA SAUCE

Use the recipe for lemon sauce (page 581) substituting one teaspoon vanilla for the lemon-juice and grated rind.

YELLOW SAUCE

1 egg
3 tablespoons sugar
3 tablespoons milk
½ teaspoon vanilla

Beat the white of the egg stiff, add the sugar, mix well and add the yolk of the egg, then the milk and flavoring, beating after each is added until the whole is smooth. This sauce is delicious on almost any pudding.

NEW ENGLAND NUTMEG SAUCE

1 cup sugar
1 tablespoon flour
2 cups boiling water
1 tablespoon butter
1 teaspoon nutmeg, grated
Salt

Mix well the sugar, flour and a pinch of salt. Add boiling water gradually, stirring continuously. Then add the butter and cook for five minutes. Remove from the fire and stir in the nutmeg. Serve hot on apple dumplings, bird's-nest or berry puddings that have been made with biscuit dough.

AVOCADO CREAM SAUCE

1 cup cream, whipped
½ cup powdered sugar
⅛ teaspoon salt
¾ cup sieved avocado
3 drops green vegetable coloring

Peel an avocado, remove pit, and force the pulp through a fine sieve. Whip the cream until stiff and add the sugar. Mix well. Add the salt and strained avocado and blend. Then add the food coloring. This dressing is delicious on fruit salads, baked apples or any hot dessert.

PASTRY AND MERINGUES

PASTRY may be defined as a stiff dough made very short by means of some kind of fat. It is used for pies and tarts and for some other dishes. There are two kinds of pastry; plain pastry and puff pastry.

PLAIN PASTRY is usually used for pies. It may be made either crisp and crumbly or light and flaky.

PUFF PASTRY is not used for under crusts of pies because it rises or puffs up too much. It is sometimes used for rims where extra height is desirable, or for upper crusts of rich pies. It is used for tarts of various kinds, for cases, such as patty shells and vol-au-vents, to hold creamed mixtures, and for various shapes which are frosted or otherwise decorated for serving with afternoon tea or as desserts. It may be cut into points to take the place of toast as a garnish.

General Directions for Making Pie Crust

MIXING—Pie crust should be handled as little as possible. Sift together the flour and salt (and baking powder, if used); work in the shortening according to the directions for the different kinds of crust, and add the water gradually, always pouring it upon dry flour and working the mixture only enough to obtain a paste that will cling together in a mass and leave the sides of the bowl clean.

AMOUNT OF WATER—This cannot be given definitely, because it will vary with the dryness of the flour and the amount of shortening used. If much shortening is used, less water is needed, because fat is liquid at oven temperature and so is counted as liquid. The paste should be soft enough to roll out smoothly without breaking at the edges. Use cold water, preferably ice-cold, if you wish a flaky pastry.

CHILLING—If the paste is chilled before it is rolled, it will be easier to handle and lighter when baked. Allowing a short interval between mixing and rolling the paste permits a more complete absorption of water, and this too contributes to ease in handling the paste.

THICKENING A PASTE THAT IS TOO SOFT—If the paste is

made too soft to roll, it can be thickened by working into it a combination of flour and shortening in the proportion of one tablespoon of shortening to four tablespoons of flour. This keeps the proportions of shortening, flour and water correct and a good result will be obtained. If flour only is added, the paste will be tough and hard.

Rolling—Sprinkle flour over the mixing board and rolling pin and rub it into the wood as much as possible. Sometimes a stiff, closely woven cloth is used as a cover for the board and rolling pin and flour is rubbed into it. The mesh of the cloth holds more flour and gives it up more slowly than the bare wood, thus making it possible to handle a softer dough upon the cloth than upon the board.

Place the paste upon the floured board and toss it quickly over and over to coat the surface with dry flour. Pat into a round, flat shape, and roll out with light, quick motions of the rolling pin. Heavy pressure makes the paste stick to the board and breaks the surface, which should be kept smooth. When the rolling pin comes to the edge of the paste, it should roll off into space, not on to the board. The edges of the paste should not be pinched, but should be of the same thickness as all other parts.

In making a pie crust, keep the paste in circular form. An expert pastry maker can roll the paste so that it will exactly fit the pie tin without need of trimming. The under crust should be thick enough to support the filling when the pie is baked; that is, between one-eighth and one-quarter inch thick.

The Lower Crust—When the paste is the right size, place the rolling pin across it, fold one-half of the paste over the pin, lift the paste over the pan and carefully shift it into position. Or, fold the paste double and lift it on to the pan with your hands. Fit it carefully down into the curve, being careful not to enclose air. If there is too much paste around the edge, trim off the excess with a knife or by pressing against the edge with your hands. If only one crust is to be used, crimp the rim with a pie crust crimper, with the ends of a fork, with the side of the thumb, or with thumb and finger. If you desire a deeper pie than the pan provides, make the edge stand upright by fluting it or make a double rim by adding another piece of paste cut to fit the rim.

To Prevent Soaking—Various methods of preventing sog-

giness of the under crust of juicy pies are coating the surface with egg-white, dusting with dry flour and partly baking the crust before putting in the filling.

The Upper Crust—If an upper crust is necessary, roll it as directed for the under crust, but make it thinner and smaller. Score a design on it. It is not necessary to cut the design clear through, as the lines will break sufficiently in baking to allow the steam to escape and thus prevent puffing of the upper crust. After the filling is put in, moisten the rim of the under crust with cold water and lift the upper crust into place. Press the crusts carefully together around the rim, trim off any excess, and, if you wish, mark the rim as suggested for under crusts.

To Prevent Escape of Juices—If the filling is very juicy, it is wise to bind the edge of the pie with an inch-wide strip of muslin dipped into water or vegetable tape, used as directed. A little flour paste will hold ends together. Remove the strip after the pie is baked. Or, cut the upper crust one-half inch larger in diameter than necessary, and turn the excess under the edge of the under crust, previously moistened. Press the crusts together and mark them as you wish.

Pie and Tart Shells—Crusts baked before filling are done over the bottom of an inverted pan, between pans, or filled to ¼ their depth with dry beans or rice. When inverted the dough should be pricked to allow air bubbles to escape.

Ready-to-Use Piecrust Mixtures

Piecrust mixtures containing all the required ingredients except cold water, are procurable in several excellent brands. These make pie making a simple and quick matter. They are particularly valuable for the small family.

Baking Pastry

Place pastry in a hot to very hot oven (400°-500° F.) so that the shortening will be cooked into the flour without first becoming oily. If the shortening becomes warm and oily before going into the oven, or after being put into the oven, the pastry will be tough or hard instead of crisp or flaky. When the crust begins to brown, the temperature may be reduced. (See table of cooking periods and temperatures, page 6.)

Some fillings, such as lemon, chocolate and cream fillings,

OFF TO A GOOD START CUTTING IN THE SHORTENING AND ICE WATER
—John F. Jelke Company

A LIGHT TOUCH AND NOT TOO MUCH OF IT, IN THE KNEADING AND ROLLING
—John F. Jelke Company

FILLED WITH JUICY FRUIT AND COVERED WITH A BLANKET OF PATTERNED CRUST
—John F. Jelke Company

FINISHING TOUCHES — SNUGLY RUFFLED AND LIGHTLY BRUSHED
—John F. Jelke Company

are cooked and put into a baked crust. This insures a dry, crisp or flaky under crust. Some custard pies are made in this way, but the flavor is not so good as when the uncooked custard is put into the uncooked crust and both are cooked at the same time.

General Directions for Making Grainy or Crumbly Piecrust

It is easier to make a good grainy or crumbly piecrust than it is to make the flaky crust. It is not so important that ingredients be cold and it makes no particular difference what kind of shortening is used; it may be one of the solid fats or one of the vegetable oils; it may be melted before it is used, and hot water may be used instead of cold water. The fat is mixed quite thoroughly with the flour in making this sort of crust, and it need not be cut in with two knives, as with flaky pastry —in fact, the finger-tips may be used for this mixing. The heat of the fingers melts the fat a little, but this is no particular disadvantage with this kind of pastry.

For crumbly piecrust, pastry flour, rather than ordinary bread flour, is an advantage and a smaller amount of fat can be used with the hot-water method.

Baking-powder, one-fourth teaspoon to a cup of flour, has a tendency to make the crust more tender.

GRAINY OR CRUMBLY PIECRUST

PLAIN—

1½ cups flour	½ cup shortening
½ teaspoon salt	3 to 4 tablespoons cold water

Sift flour and salt. Mix in fat with fork or finger-tips until the mixture has about the consistency of corn-meal. Add water gradually, tossing the moistened lumps of dough aside, so that the water may reach the dry material. When the dough clings together so that the bowl is clean, chill, remove two-thirds of it to a slightly floured board and roll out, keeping the paste as nearly circular as possible. Use this for the lower crust. For the top crust of a two-crust pie, use the remaining paste with the trimmings of the lower crust. This amount should make two shells of medium size, or one two-crust pie.

WITH VEGETABLE OIL—Use oil in the proportion of ½ cup

oil to 2¼ cups flour with 1 teaspoon baking powder. Mix the shortening into the sifted dry ingredients with a fork. Less water is necessary to make the dough cling together. Otherwise the method is the same.

WITH HOT WATER—No. 1.

1½ cups flour
⅓ teaspoon baking powder
½ teaspoon salt
½ cup shortening
4 tablespoons boiling water

Sift flour, baking powder and salt. Mix in fat with fork or finger tips and stir in the boiling water. Cool before rolling.

No. 2.

1½ cups flour
⅓ teaspoon baking powder
½ teaspoon salt
4 tablespoons boiling water
½ cup shortening

Pour the boiling water over the fat and beat with a fork until it becomes a smooth liquid. Sift the flour, baking powder and salt into this mixture. Stir together, chill and roll out. This mixture keeps well in the refrigerator.

WITH CORNSTARCH

¾ cup cornstarch
1¼ cups flour
1 tablespoon sugar
1 teaspoon salt
1 teaspoon baking powder
6 tablespoons shortening
1 egg yolk
Cold water

Mix and sift all the dry ingredients. Rub in shortening with a fork or finger tips and add beaten egg yolk while stirring. Add water gradually till paste will hold together. Chill and roll out.

WITH ALMONDS—

1½ cups flour
3 tablespoons pulverized almonds
3 tablespoons sugar
½ teaspoon salt
½ cup shortening
1 egg
Cold water

Mix dry ingredients and rub in fat. Add beaten egg and water to hold paste together. Cool and roll out.

Almond crust may be used for custard pie or any of its variations, for fresh fruit or dried fruit pies, for lemon pies, or for

pumpkin, squash or sweet-potato pie. The crust is especially good for tarts, which may be filled with jelly, marmalade, fruit or whipped-cream mixtures.

General Directions for Making Flaky Piecrust

To make a flaky piecrust more pains must be taken than in making the crumbly crust. Very soft fats and oils do not make as nice a flaky crust as the firmer shortenings. Bread flour may be used very satisfactorily.

In Mixing the Ingredients be sure that they are cold, particularly the shortening and water. Do not use the finger-tips for mixing. The heat of the fingers softens the fat. Cut the shortening into the flour with two knives, rather quickly, and do not mix it very thoroughly; leave it in lumps or thin slices which will roll out to make layers or flakes.

There are Three Methods of Making Flaky Crust. The third one is particularly good when you want to cut down the amount of shortening used. It is harder to mix and of course the crust will not be as rich as one in which a larger amount of shortening is used, but it is not tough.

A Hot Oven is Especially Important in baking a flaky crust. Layers of cold air have been incorporated into the crust and the heat of the oven expands this air quickly, making the crust light.

It is Important to Prick Flaky Crust before baking it. Otherwise it may puff too much in one place.

No. 1. FLAKY PIECRUST

1½ cups flour
½ teaspoon salt
½ cup shortening
3 to 4 tablespoons cold water

Sift flour and salt. Cut in the shortening with two knives. Do not mix as thoroughly as for crumbly pie crust, but leave shortening in small lumps or slices. Roll lightly and bake quickly in a hot to very hot oven (see table of cooking periods and temperatures, page 6).

No. 2—Use proportions given in No. 1. Mix as in that recipe, reserving one and one-half tablespoons of the shortening. Roll the paste out, spread with half the reserved shortening, roll up like a jelly roll and roll out with the pin. Spread

with the remaining shortening, roll up and roll out again. If necessary sprinkle the board with flour to keep the paste from sticking.

No. 3—Use same proportions of flour and salt as in preceding recipes. Reduce the amount of shortening as much as one-half, if desired. Mix flour, salt and shortening as directed above. Take out one-half of the dry mixture. Add water to the remainder. Roll out in circular form. Place one-third of dry part in a row across the center of the dough and fold over from each side to make three layers. Turn half way round and roll out. Repeat twice more, until all of the dry mixture is used. Bake as usual.

PUFF PASTE

1 pound butter or other shortening
2 teaspoons salt
Ice-water
14 ounces bread flour or 1 pound pastry flour

(The usual proportions are a pound of flour to a pound of shortening.)

If salted butter is used, wash it to remove the salt. To do this, wash the hands in water as hot as possible, rinse in cold water and knead the butter in ice-water in a scalded bowl until all the salt is drawn from it. At first the butter will crumble but when free from salt it will cling and mass together. Pat and fold till dry and in a compact mass. Reserve two tablespoons of it and put the rest in the refrigerator till needed.

Work the two tablespoons of shortening into the flour with the tips of the fingers. Moisten carefully with ice-water, and turn the dough out on a slightly floured board. Pat it smooth and divide into halves. Roll out each half to the same size and thickness. Over one sheet sprinkle a little flour. Take the remaining shortening from the refrigerator and make into a sausage-like roll, dredge with flour and roll out very thin as nearly like the sheets of dough in shape as possible. Flour the board and rolling-pin so that shortening will not adhere. Place the shortening between the two sheets of dough and roll as thin as possible without allowing the fat to break through. When the sheet becomes thin, fold in the sides until they meet, turn one-half way about and roll out. Fold and roll in this way twice and place in the refrigerator for fifteen minutes. Repeat rolling and cooling until dough has been rolled and cooled four

times. If not needed for immediate use, it may be wrapped in a towel and left in the refrigerator from twelve to twenty-four hours and will be even lighter and more flaky than when freshly made.

Puff paste may be made without cooling, but it is lighter and rises better when the above directions are followed. The layers in puff paste are made by folding and rolling, incorporating air which, expanding with the heat, makes the paste rise.

An important factor in the making of puff paste is to have the oven at the proper temperature. The paste should be very cold when put into the oven, and the oven should be very hot, about 500° F. (cooled later to 450° F. or lower).

For Patty Shells, the oven should have a strong underheat, allowing them to rise to their full height before browning. If the oven is too hot, so that the paste begins to brown as soon as put in, immediately reduce the temperature.

To Glaze Puff Paste—When a brown, polished finish is desired, the pastry is brushed with egg mixed with one tablespoon of cold water to each egg. The egg must not be beaten until frothy, but merely enough to make it mix with the water. Where gloss but no color is desired, the white of the egg alone may be used; the yolk gives the yellowish brown tinge.

SUET PASTE

1 teaspoon baking-powder
2 cups flour
½ teaspoon salt
1 cup chopped suet
1 cup cold water

This paste is excellent for boiled fruit pudding and dumplings or for baked or boiled meat pies. All the ingredients must be very cold. Sift the baking-powder with the flour, add the salt, suet and water and mix into a smooth, firm dough. Chill and roll out.

APPLE PIE

4 to 6 tart, juicy apples
1 cup sugar
1 teaspoon butter
1 teaspoon lemon-juice
1 teaspoon cinnamon or nutmeg, if desired

Line a pie-pan with any plain crust and fill with thinly sliced apples. Add the sugar, lemon-juice, and spice, and dot

with the butter. Cover with a top crust, making it a little richer than the under one. This is easily done by rolling in bits of shortening and folding the paste several times. Cut a few slits in the top crust to allow steam to escape. Bake about forty minutes in a hot oven (450° F.) reduced after ten minutes (to 425° F.).

ENGLISH DEEP-DISH APPLE PIE

6 to 8 tart, juicy apples
1 cup sugar
1 teaspoon butter
¼ cup water
1 teaspoon cinnamon or nutmeg, if desired

Invert a heavy china cup or a custard cup in the center of a baking-dish two to three inches deep. Line the sides of the dish with strips of pie paste, letting the paste come a little above the edge of the dish. Do not put any paste on the bottom. Fill with apples, pared, cored and cut in slices. Add sugar, spice and water, and dot with bits of butter. Cover the dish with pie paste, slashed to allow the steam to escape, and pinch its edge to the edge of the paste that lines the sides of the dish. Bake for three-quarters of an hour, or until the apples are thoroughly cooked, in a hot oven (450° F.) for ten minutes then 425° F. for thirty minutes). When serving, slip the knife under the cup to allow the confined juice to mix with the apple. Serve hot with hard sauce.

APPLE OR PEACH MERINGUE PIE

1 quart prepared fruit
1 teaspoon nutmeg
3 egg-whites
3 tablespoons powdered sugar
½ teaspoon vanilla

Stew the fruit and sweeten to taste. Mash, and season with nutmeg. Line a pie-pan with paste, turn in the filling and bake without an upper crust, for forty minutes in a hot to slow oven (450° F. for ten minutes, then reduced to 325° F.). Add powdered sugar and vanilla to stiffly beaten egg-whites. Spread over the pie and put back into the oven till the meringue is browned. Serve cold. This amount makes one pie.

No. 1. BLACKBERRY PIE

1½ cups blackberries
½ cup water
Sugar
Pinch of salt

Wash, drain and pick over the blackberries. Cook until tender with just enough water to prevent burning. Add sugar to taste, and a pinch of salt. Line a pie-pan with paste, shape a ring of the paste around the rim of the pan, fill with berries, partly cooled, and arrange strips of pastry across the top. Put on another rim around the edge and bake forty minutes in a hot to slow oven (450° F. for ten minutes, then 325° F.).

No. 2.

2½ cups blackberries
½ cup brown sugar
1 teaspoon corn-starch
1 teaspoon butter

Line a pie-pan with crust and brush with white of egg. Add berries, and sprinkle with sugar and corn-starch mixed together. Dot with butter, and cover with upper crust. Bake forty minutes in a hot oven (450° F. for ten minutes, then 425° F.).

CRANBERRY PIE

1½ cups cranberries ¾ cup sugar ½ cup water

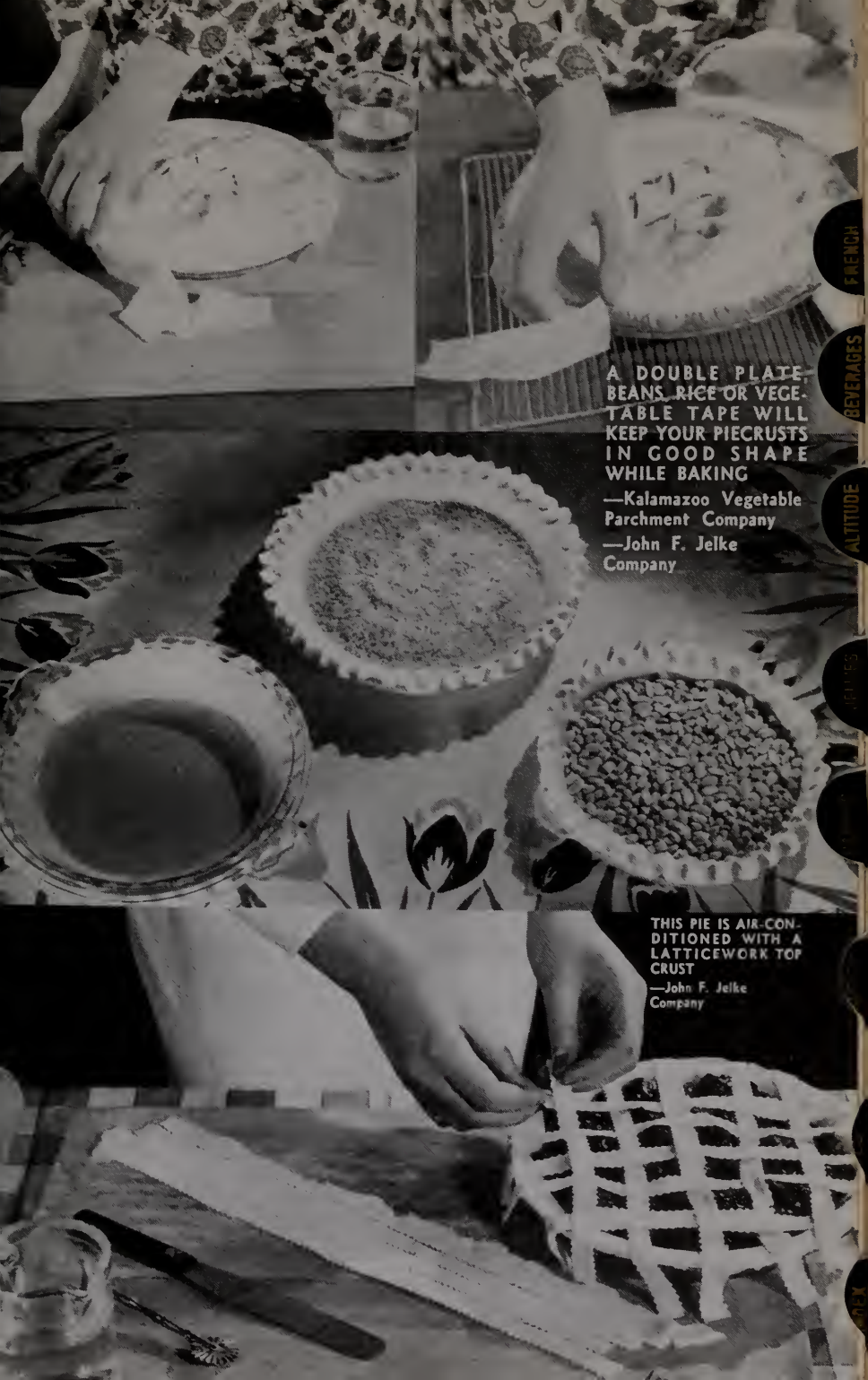
Cook cranberries, water and sugar for about ten minutes. Cool, place in one crust with a high rim and bake in a hot to slow oven (450° F. for ten minutes, then 325° F. for thirty minutes). Put strips of paste, lattice fashion, across the top.

CHERRY PIE

1 quart cherries
½ cup sugar
1 tablespoon flour
Powdered sugar

The common sour red cherries are the best for pies. Line a deep pie-pan with good plain paste, fill nearly full with stoned cherries, sprinkle with sugar, sifted with the flour.

Cover with an upper crust, which should be rolled as thin as possible, make a vent in the center, and press the edges together so that the juices will not escape during the baking. Bake in a hot oven (450° F. for ten minutes, then 425° F. for



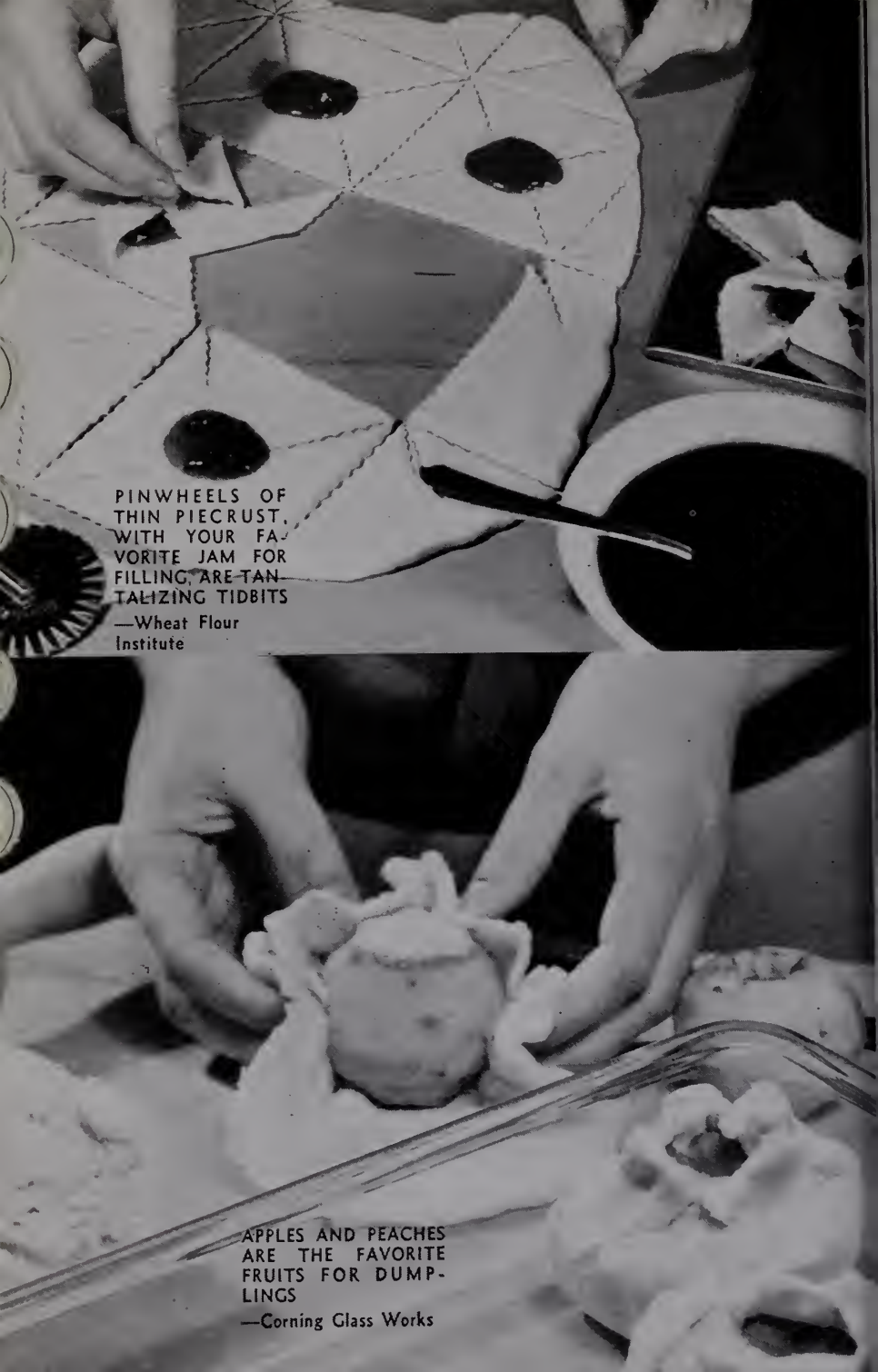
A DOUBLE PLATE BEANS, RICE OR VEGETABLE TAPE WILL KEEP YOUR PIECRUSTS IN GOOD SHAPE WHILE BAKING

—Kalamazoo Vegetable Parchment Company

—John F. Jelke Company

THIS PIE IS AIR-CONDITIONED WITH A LATTICEWORK TOP CRUST

—John F. Jelke Company



PINWHEELS OF THIN PIECRUST, WITH YOUR FAVORITE JAM FOR FILLING, ARE TANTALIZING TIDBITS
—Wheat Flour Institute

APPLES AND PEACHES ARE THE FAVORITE FRUITS FOR DUMPLINGS
—Corning Glass Works

thirty minutes). Serve cherry pies the same day they are baked, or the under crust will become heavy. Sprinkle powdered sugar over each piece just before serving.

Follow the same directions in using any small fruit for pies.

MOCK CHERRY PIE

1 cup cranberries
½ cup seeded raisins
¾ cup sugar
1 tablespoon flour
1 teaspoon almond extract
1 teaspoon butter

Line a pie-pan with crust. Fill with cranberries, washed and cut in halves, mixed with chopped raisins. Sprinkle with mixture of sugar and flour, add almond extract, and dot with butter. Cover with a second crust, and bake in a hot oven (450° F. for ten minutes, then 425° F. for thirty minutes.)

HUCKLEBERRY OR BLUEBERRY PIE

1 quart huckleberries or blueberries
1 cup sugar
Flour

Wash and drain the berries and sift a very little flour over them, dredging carefully until each berry is lightly coated. Stir the sugar well into the fruit, and turn into a pie-pan lined with crust. Cover with an upper crust and bake about forty minutes in a hot oven (450° F. for 10 minutes, then 425° F. for 30 minutes). Serve cold, with sugar sifted over the top. Flouring the berries as directed will make just enough thickening to counteract the excessive amount of juice.

PINEAPPLE PIE

2 cups crushed pineapple
2 tablespoons corn-starch
½ teaspoon salt
½ cup sugar
Juice ½ lemon
2 egg-yolks

Scald the pineapple. Mix corn-starch, salt and sugar, and stir into the pineapple. Stir and cook ten minutes. Add lemon-juice and beaten yolks slowly. Cover and let cook five minutes. When cool, turn into baked crust, and cover with whipped cream or a meringue made from the whites of the eggs, or ornament with baked circles, crescents, or other figures cut from remaining crust.

PEACH PIE

2 cups cut up peaches
¼ cup water
⅛ teaspoon allspice, if desired
1 cup sugar
1 teaspoon butter

Pare peaches and slice thin. Put in pie-pan lined with paste; sprinkle with sugar and spice, add water and dot with butter. Cover with upper crust and bake forty minutes in hot oven (450° F. 10 minutes, then 425° F. 30 minutes).

FIG PIE

¾ pound dried figs
1½ cups boiling water
2 eggs
2 tablespoons powdered sugar
2 tablespoons granulated sugar
½ teaspoon salt

Cut the figs fine, add boiling water and cook about one-half hour, or until the skins are tender. Beat the egg-yolks, add the granulated sugar and the salt, stir into the figs and cook until the egg thickens. Turn into a baked crust. Cover with a meringue made of the stiffly beaten egg-whites and the powdered sugar. Brown in a slow oven (300°-350° F.).

RHUBARB PIE

No. 1, Double Crust—

2 cups cut up rhubarb
Flour
1 cup sugar

Wash and peel the rhubarb and cut it into small pieces. Flour the pieces until they are quite white, then add sugar. Line a pie-pan with paste, put in the rhubarb, with the sugar well stirred into it. Cover with the upper crust and bake about forty minutes in a hot oven (450° F. for 10 minutes, then 425° F. for 30 minutes).

No. 2, Single Crust With Meringue—

2 cups cut up rhubarb
3 tablespoons flour
1 cup sugar
2 eggs
1 tablespoon sugar for meringue
1 teaspoon butter

Line a pie-pan with plain paste. Wash and peel the rhubarb, cut it into small pieces, and dredge with flour until each piece

is quite white. Mix the sugar, rhubarb and egg-yolks together and place in the pie-pan. Dot with butter. Bake in a hot to slow oven (450° F. for 10 minutes, then 325° F. for 30 minutes). When the filling is set, spread over the top the stiffly beaten whites of the eggs, into which the tablespoonful of sugar has been folded. Return to the oven and brown the meringue lightly (300°-350° F. for 8-10 minutes).

PRUNE OR DATE PIE

1 cup cooked and pitted prunes or dates
1 lemon, juice and grated rind
1 cup water or juice
1 tablespoon flour
½ cup sugar
2 tablespoons butter
1 teaspoon cinnamon or nutmeg, or ¼ cup moist coconut, if desired

Cook the prunes with the other ingredients until slightly thickened. Add a little cinnamon or nutmeg, if desired. Bake between two crusts in a hot oven (450° F. for 10 minutes, then 425° F. for 30 minutes). Prune or date pie is delicious served with ice-cream or whipped cream. This amount makes a small pie.

PEACH AND RAISIN PIE

2 cups stewed dried peaches
1 cup seeded raisins
3 tablespoons lemon-juice
½ cup sugar
2 teaspoons corn-starch
½ cup peach-juice

Chop peaches and add raisins, lemon-juice and sugar. Bring to the boiling-point. Add corn-starch, mixed with cold peach-juice. Cook until the mixture is creamy. Pour while hot into a pie-pan lined with paste. Cover with top crust and bake in a hot oven (450° F. for 10 minutes, then 425° F. for 30 minutes).

No. 1. RAISIN PIE

1 cup seeded raisins
2¼ cups water
1 cup sugar
⅛ teaspoon salt
4½ tablespoons flour
1 egg, beaten
3 tablespoons lemon-juice
3 teaspoons grated lemon rind

Mix the sugar and flour, add with the seasonings to the beaten egg, add the raisins and liquid. Cook in double boiler until

mixture thickens (about 15 minutes) stirring occasionally. Let cool before filling pie. Bake in a hot to slow oven (450° F. for ten minutes, then 425° F. for thirty minutes).

No. 2.

¾ cup seeded raisins
½ cup water
1 tablespoon flour
6 tablespoons sugar
2 cups milk
2 eggs
1½ tablespoons corn-starch
½ tablespoon vanilla

Put the raisins through a food-chopper. Add water and the flour mixed with one tablespoon of sugar and cook until thickened. Put into a baked crust. Scald one and one-half cups of milk. Mix beaten yolks, three tablespoons of sugar, the corn-starch and the remaining half cup of cold milk. Add hot milk gradually and return to double boiler. Cook fifteen minutes. Pour the mixture over the raisins, adding vanilla at the last, and cover with meringue made from the stiffly beaten whites and two tablespoons of sugar. Brown lightly in a slow oven (300°-350° F.).

CREAM PIE

1 cup hot milk
1 tablespoon corn-starch
¼ cup sugar
¼ teaspoon salt
2 egg-yolks or 1 whole egg
1 teaspoon vanilla

Scald the milk. Mix the corn-starch, sugar and salt and add hot milk, slowly. Cook twenty minutes over hot water. Beat the egg-yolks and add slowly, stirring rapidly. Cool and add vanilla. Put into a baked crust.

VARIATIONS OF CREAM PIE

Banana or Orange Pie—Slice fruit into baked crust and cover with cream pie filling. Cover top with meringue made from two egg-whites and two tablespoons powdered sugar. Brown in a slow oven (300°-350° F.).

Chocolate Pie—Use only seven-eighths of a tablespoon of corn-starch. Add two tablespoons grated chocolate and two tablespoons sugar just before removing cream pie filling from the stove. Beat well. Cover with meringue made as in banana or orange pie above.

Coconut Pie—Add four tablespoons moist coconut to the cream pie filling and two tablespoons shredded coconut to the

meringue. Make meringue as directed for banana or orange pie above.

Nut and Raisin Pie—Stir one cup of chopped nuts or raisins, or nuts and raisins combined, into the filling, and sprinkle a few over the top.

Date Pie—Add one cup of chopped dates to the filling. Cover with meringue as directed for banana or orange pie.

BUTTERSCOTCH PIE

1½ cups milk
1 cup brown sugar
2 tablespoons corn-starch
2 eggs
2 tablespoons butter
2 tablespoons powdered sugar

Heat one cup of milk with the sugar until the sugar is free from lumps. Mix the corn-starch, one-half cup milk and egg-yolks and add to the hot mixture slowly. Cook in a double boiler until thick, stirring constantly; then continue to cook for ten minutes longer, stirring occasionally. Remove from fire and add butter. When cool, pour into a baked pastry shell. Cover with meringue made from the stiffly beaten egg-whites and the powdered sugar. Brown in a slow oven (300°-350° F.).

As an Attractive Variation, cover the top of the pie with halves of marshmallows instead of meringue, and brown in the oven. In this case, use one whole egg instead of two yolks.

No. 1. COTTAGE CHEESE PIE

1½ cups smooth cottage-cheese
1 cup fine chopped raisins or 1 cup moist coconut
½ cup honey, sirup or sugar
2 eggs
1 lemon, grated rind and juice
2 tablespoons cream
2 tablespoons butter

Press the cheese through a ricer, add other ingredients and mix thoroughly. Turn into paste lined pie-pan and bake (450° F.) until the mixture thickens slightly. Lower the heat (325° F.) and bake until firm.

No. 2—Omit raisins or coconut and spread preserves or jam on top after the pie is baked.

CUSTARD PIE

2 or 3 eggs or 4 to 6 yolks
½ cup sugar
½ teaspoon salt
⅛ teaspoon cinnamon or nutmeg
2 cups hot milk

Beat the eggs, add sugar, salt, cinnamon and milk. Mix well and pour into unbaked crust. Place in a hot oven (450° F.) for ten minutes to bake sides and bottom of crust. This will help to prevent a soggy crust. Decrease the heat and cook (at 325° F.) until a silver knife inserted in the center will come out clean (about thirty minutes). The custard must not boil at any time. If it does, it will be watery.

COCONUT CUSTARD PIE

2 eggs
½ cup sugar
2 cups hot milk
¼ teaspoon nutmeg
1 cup moist coconut
¼ teaspoon salt

Beat the eggs and sugar together until light, then add the milk, nutmeg, coconut and salt. Line a deep pie-pan with crust, pour the mixture in and bake at 450° F. for ten minutes. Then reduce the heat to 325° F. and bake until a silver knife inserted in the center will come out clean (about thirty minutes). These quantities will make one thick pie or two thin pies.

No. 1. LEMON PIE

1 cup sugar
2 tablespoons cornstarch
2½ tablespoons flour
2 whole eggs
1 extra egg white
2 tablespoons butter
1 cup boiling water
Juice and rind 1 lemon
¼ teaspoon salt
4 tablespoons sugar for meringue

Mix flour, salt, cornstarch and sugar, and add boiling water gradually, stirring constantly. Add melted butter and cook over hot water till very thick and clear, about thirty minutes. Add lemon juice, rind and the slightly beaten egg yolks. Cook ten minutes longer. Cool and turn into a baked pie shell. Cover with a meringue made from the stiffly beaten whites and 3 tablespoons sugar. Dust top with remaining sugar and brown in a slow oven (300-325° F.).

No. 2—Use the same ingredients as for No. 1, substituting one cup of milk for the water. Mix sugar, cornstarch, flour and salt, add lemon-juice and grated rind, slightly beaten egg-yolks, milk, melted butter and whites of eggs beaten stiff. Turn into a pie-pan lined with unbaked piecrust and set in a hot oven (450° F.) for ten minutes. Then reduce the heat to 325° F. and continue the baking for about thirty minutes longer.

SOUR CREAM PIE

1½ cups sour cream
2 eggs
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
4 tablespoons flour
½ cup chopped raisins
1 teaspoon vanilla
2 tablespoons sugar

Scald one cup of the cream in a double boiler. Mix egg-yolks, spices, flour, sugar and remaining cream and add slowly to the hot mixture. Cook fifteen minutes. Add raisins and vanilla. When partly cooled, pour into a baked crust. Cover with meringue made from stiffly beaten egg-whites and 2 tablespoons sugar. Brown in a slow oven (300°-350° F.).

PUMPKIN PIE

1½ cups prepared pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
1 teaspoon salt
2 eggs
2 cups milk

Steam or bake fresh pumpkin and put it through a sieve. Canned pumpkin is ready to use. Add remaining ingredients in the order given. Turn into a crust-lined pan and bake. Use a high temperature at first (450° F.) to cook the bottom and sides of crust. Reduce the temperature and continue cooking at 325° F. until a silver knife inserted in the center will come out clean. Do not let the pie boil, as that will make it watery.

A delicious addition is one-half cup of fine chopped nut-meats. Whipped cream and a tart jelly are also very good with pumpkin pie.

SQUASH PIE

The yellow, hard-shelled squash makes almost as good pies as pumpkin and is often easier to obtain. Use the proportions

given for pumpkin pie, adding two tablespoons of butter, because squash is not so oily as pumpkin. Stew, steam or bake the squash about one hour and be sure that it is as dry as possible. Baking insures this more easily than does any other method of cooking.

SWEET POTATO PIE

Pare and boil or bake sweet potatoes, press them through a sieve and follow the directions given for pumpkin pie, adding three tablespoons of butter and reducing the sugar to one-fourth cup unless a very sweet pie is desired. Flavor with nutmeg.

MINCE PIE

Mince pie is generally considered a cold weather dessert, especially if it is made with the true mince meat, which contains beef and suet. All mince pies, whether made with the true mince meat or mock mince meat are baked between two crusts. Bake for ten minutes in a very hot oven (450° F.) then reduce the heat slightly (to 425° F.) and bake for thirty minutes longer. Serve either hot or cold.

MINCE MEAT, NO. 1—

- 2 pounds lean beef
- 1 pound chopped suet
- 4 pounds tart apples
- 3 pounds sugar
- 3 pounds currants
- 2 pounds seeded raisins
- 1 nutmeg
- ½ teaspoon ground mace
- 2 oranges
- 2 lemons
- ½ pound citron
- 1 tablespoon salt

Stew the beef in a very little water until quite tender, cool and chop as fine as possible. Add the beef suet, chopped fine, and pared, cored and chopped apples, the sugar, currants, raisins, spices, orange and lemon-juice, the grated rind of the oranges and of one lemon, chopped citron and salt. Mix thoroughly. Cook one hour. Pack in a stone jar and keep in a cold place. The mince meat should be thoroughly stirred each time any is taken out and occasionally moistened with a little grape-juice or orange-juice. Left-over canned fruit-juice or bits of meat or canned fruit may be added from time to time.

No. 2.

3 pounds lean beef
6 pounds sour apples
3 pounds seeded raisins
½ pound suet
½ pound citron
2 pounds seedless raisins
1 nutmeg
2 pounds sugar
2 cups cider vinegar
2 cups molasses
1 tablespoon ground cloves
1 teaspoon cinnamon
1 teaspoon mace
2 tablespoons salt

Stew the beef in a little water until tender. Cool it, then chop the meat, the apples, raisins, suet and citron. Mix and add remaining ingredients. Scald. If too dry, add a little warm water at time of using.

Mock Mince Meat, No. 1—

6 green tomatoes
6 apples
¼ pound seedless raisins
¼ pound seeded raisins
1 tablespoon cinnamon
¼ cup fruit-juice
¼ cup vinegar
½ cup citron
1 orange-rind
1 teaspoon salt
1 teaspoon cloves
½ teaspoon allspice
½ teaspoon ginger
¼ teaspoon grated nutmeg

Chop tomatoes, apples and raisins. Add other ingredients in order given and cook until thick. This amount should make three pies.

No. 2.

1 cup rhubarb
1 cup raisins
1 lemon
1 cup sugar
1 egg
1 tablespoon butter
4 tablespoons bread-crumbs
½ teaspoon salt

Chop fresh rhubarb and raisins. Add grated lemon-rind and juice, sugar, softened butter, beaten egg, crumbs and salt.

BOILED CIDER PIE

⅓ cup rich, boiled cider
⅓ cup grated maple sugar
2 eggs
½ teaspoon nutmeg
½ cup seeded raisins
1 teaspoon butter
2 egg-whites and 2 tablespoons powdered sugar, if meringue is desired

Boil sugar in cider until dissolved. Add beaten eggs slowly and stir until thickened. Add butter, raisins and nutmeg.

Turn into a pan lined with crust. Cover with top crust and bake in a very hot oven (450° F.) for ten minutes, then reduce the heat slightly (to 425° F.) and continue cooking for about thirty minutes longer.

If you prefer, omit the top crust, bake for ten minutes at 450° F., then reduce the heat to 325° F. and bake for thirty minutes longer. Remove from the oven, cover with a meringue made of the egg-whites and powdered sugar, and return to a slow oven (300°-350° F.) to brown.

PASTRY SHELLS

No. 1—Roll plain or puff paste thin and cut with a biscuit-cutter. With a smaller cutter remove the centers from one-half of these circles and lay the rings thus made on the whole circles, in this way building a wall around the shell. Bake in a quick oven (400°-450° F.). When these shells are used, small pans are not required. With puff paste, if a deep shell is desired, remove the centers from two circles and lay both rings on top of the uncut circle.

No. 2—Invert patty pans or muffin tins, cover with crust and bake in a quick oven (400°-450° F.). Patty cases made in this way make very attractive individual pies, a variation from the usual large pies. They may be made ahead of time and warmed in the oven to freshen them. Any pie mixture, fresh or canned fruit, jelly, marmalade, or whipped cream mixed with nuts and fruits may be used for filling. Do not fill the shells until just before they are to be served. The moisture in the filling will soften the crust if they stand too long. Use the cookie cutter for cover decorations.

APPLE TARTS

5 apples
½ cup cold water
3 eggs
1 lemon
¾ cup granulated sugar
2 tablespoons butter
2 tablespoons powdered sugar

Pare, core and cut up tart apples and cook them in the water until soft, stewing them very slowly. Beat this sauce smooth, partly cool, then add beaten egg-yolks, lemon-juice and grated rind and the granulated sugar, increasing the amount of sugar,

if desired. Line patty-pans with paste, fill them with the mixture, dot with butter and bake in a hot oven (400°-450° F.). Beat the whites of the eggs stiff, add the powdered sugar, spread on top of the tarts and return to the oven to brown. This amount makes six to eight tarts.

APRICOT AND MARSHMALLOW TARTS

Wash, soak and stew dried apricots. When tender, press through a sieve. Sweeten to taste. To each cup of pulp add six marshmallows cut in small bits. Fill baked pastry shells and decorate with quartered marshmallows.

BANANA ROLL

Peel bananas and cut in halves crosswise. Roll puff or flaky paste one-eighth of an inch thick. Cut into pieces. Dip each piece in ice-water and wrap around a half banana. Place on a baking-sheet and bake in a quick oven (450° F.). Serve with strawberry sauce, No. 2. See page 583.

BANBURY TARTS

1 cup chopped raisins
1 cup sugar
3 tablespoons cracker-crumbs
1 egg, beaten
1 tablespoon melted butter
⅛ teaspoon salt
1 lemon, juice and rind

Mix ingredients in order given. Roll puff or flaky paste one-eighth inch thick and cut in three-inch squares. Put a teaspoon of the Banbury mixture in the center of each, wet edges of paste, and fold to form a triangle. Prick several times and bake fifteen minutes in a hot oven (450° F.). This amount makes eight to ten tarts.

CHEESE PASTRIES

4 eggs
1 tablespoon cream
1 package cream cheese
⅔ cup sugar

Beat eggs very light, add remaining ingredients and beat until well mixed. Line shallow muffin-pans with puff pastry and put in hot oven (450° F.). After ten minutes, take from oven, fill with the cheese filling and bake in a slow oven (325° F.) for thirty minutes.

CHESS PIES

No. 1.

½ cup butter
1 cup sugar
1 cup chopped raisins
3 eggs
5 tablespoons sugar
½ teaspoon vanilla

Make individual pie shells on inverted muffin-pans. Prick before baking to prevent the air from pushing them up and out of shape.

Cream butter, and gradually add sugar. Add chopped raisins, one whole egg, and two egg-yolks. Fill shells three-fourths full and cover with a meringue made from two stiffly beaten egg-whites, sugar and vanilla. Brown meringue slightly in the oven, and while browning stir into the pie mixture once or twice with a fork. This makes the mixture fluffy.

No. 2.

1 cup milk
1 tablespoon corn-starch
¼ cup sugar
1 teaspoon salt
2 egg-yolks or 1 whole egg
1 teaspoon vanilla
Chocolate fudge frosting

Bake patty shells by covering the bottoms of muffin-pans with plain paste.

Scald the milk. Mix corn-starch, sugar and salt and add hot milk slowly. Cook 20 minutes over boiling water. Beat the egg-yolks or the whole egg and add slowly, stirring rapidly. Cool and add vanilla. Fill the patty shells with this mixture. Cover each with a layer of chocolate fudge one-fourth inch thick.

COVENTRY TARTLETS

½ pound cream cheese
½ cup sugar
¼ cup butter
2 egg-yolks
½ teaspoon salt
¼ teaspoon nutmeg
1 tablespoon orange-juice

Mix the cheese with the other ingredients until creamy. Line a dozen deep molds with puff or flaky paste. Prick and fill with the cheese mixture. Bake in a hot oven (450° F.) for ten minutes. Then reduce the heat (to 325° F.) and bake until golden brown and firm. When done, turn upside down on a sheet of paper and leave to cool. Spread each tartlet with apricot or currant marmalade, quince or apple jelly or green-gage jam.

COLOR PLATE ON OPPOSITE PAGE
COURTESY THE CARNATION MILK COMPANY

ALTITUDE
BEVERAGES
FRENCH

CRAB APPLE PUFFS

Line muffin-tins with puff or flaky paste; fill with crabapple jelly, cover with the paste and bake at 450° F. for ten minutes. Then reduce the heat slightly (to 425° F.) and complete baking. Remove from the tins while hot. Serve with a sauce made by melting crabapple jelly.

RAISIN STICKS

¼ recipe puff or flaky paste
Seedless raisins
Butter
½ teaspoon cinnamon
2 tablespoons sugar

Work into paste as many seedless raisins as it will hold. Add sugar and cinnamon. Roll out in a strip four inches wide and one-half inch thick. Sift a little sugar on top and cut crosswise in strips three-fourths of an inch wide. Put a bit of butter on each stick and bake in a very hot oven (450°-500° F.) until brown.

FRENCH PASTRY SANDWICHES

1 lemon 1 cup sugar 1 egg

Roll puff paste about one-fourth of an inch thick and cut in circles. Dip in ice-water and bake. Serve two of these put together with filling made as follows:

Remove rind and seeds from the lemon, and chop the lemon fine. Add sugar and egg and beat together thoroughly. Cook until it thickens. This filling is sufficient for a dozen pastries.

MAMMY'S FRIED PIES

Stew dried apples, peaches or apricots. Drain off all juice, mash well and sweeten. Roll puff paste one-eighth inch thick and cut circles three inches in diameter. On one of the circles place a spoonful of the filling, having a clear margin of the pie-crust. Moisten this edge all around, place another circle on top and press the edges firmly together. Fry in deep fat like doughnuts or sauté with a little fat in a hot frying-pan, turning the pie so that it will brown on both sides. These are good with fillings of mince meat, or any thick jam or preserve.

APPLE OR PEACH CAKE

2 cups flour
4 teaspoons baking-powder
2 tablespoons butter
1 teaspoon cinnamon
6 to 8 juicy apples or peaches
1 egg
Milk
½ teaspoon salt
¼ cup molasses

Make a crust by sifting the flour and baking-powder together, cutting in the butter and adding salt, beaten egg and enough sweet milk to make a soft dough. Roll the crust one-half inch thick and line a greased baking-tin with it. Cover the crust with quartered apples and sprinkle with a little cinnamon and molasses. Bake in a rather quick oven (400° F.) till crust and apples are both a light brown. Sprinkle with sugar, keep in the oven five minutes more and then serve. This amount makes one large cake.

GOOSEBERRY TARTS

Remove stems and tails of green gooseberries, stew slowly in very little water till the fruit breaks, then sweeten well and set aside to cool. When cold, turn into pastry shells cover with a top of puff paste and bake in a very quick oven (450° F.). Brush each over while hot with beaten egg and set back in the oven three minutes to glaze. Serve cold.

GRAPE TARTLETS

1 cup grapes
1 cup sugar
½ cup water
½ cup white grape-juice
1 teaspoon corn-starch
1 cup whipped cream

Cover inverted oval patty-pans with puff or flaky paste. The paste should be pricked thoroughly so that it will keep its shape. Bake a delicate brown in a hot oven (400°-450° F.) remove from the pan, dry the inside and fill with grape mixture made as follows: Make a sirup by boiling together sugar, water and grape-juice. Moisten the corn-starch to a smooth paste with a little cold water and stir in as thickening. Remove seeds from the grapes and put the grapes into this sirup. Simmer until the grapes are soft and sirup is thick. At serving time, fill the shells and top each one with whipped cream and a single uncooked grape laid open in halves. This recipe makes from six to eight tartlets.

LEMON TARTLETS

2 lemons
2 cups sugar
2 eggs
1 cup sponge cake crumbs

Mix the juice and grated rind of the lemons with the sugar, eggs and sponge cake crumbs. Beat until smooth. Put into twelve patty-pans lined with paste and bake in a hot oven (400°-450° F.) until the crust is done (15-20 minutes).

MACAROON TARTS

2 eggs
½ cup sugar
½ dozen dry macaroons
1 lemon
1 tablespoon butter

Mix the yolks of the eggs with the sugar and beat until light. Roll the macaroons, add to the egg and sugar mixture, and flavor with the grated rind and juice of the lemon. Mix this with the melted butter. Beat until smooth and then fold in the stiffly beaten whites of the eggs. Cover inverted patty-tins with puff or flaky paste, prick thoroughly and bake in a hot oven (400°-450° F.). When cool, put a spoonful of marmalade or jelly into each and cover with the macaroon mixture. Place for a moment or two in the oven until the tops brown. This amount will make six to eight tarts.

MARMALADE STRIPS

Place a thin layer of crust on an inverted baking-pan. Spread with thick marmalade or any filling that does not run. Cover with another thin layer. Cut into strips four inches by one and a half. Bake in a quick oven (400°-450° F.). When cool, spread with a thin icing made of confectioners' sugar and water. Sprinkle with finely chopped nuts.

NAPOLEONS

Divide puff paste into three portions and roll each portion into a sheet as thin as possible without breaking. Prick thoroughly and chill. Bake a delicate brown in a hot oven (400°-450° F.), cool and spread the sheets with cream filling. Spread the top with confectioners' frosting. When ready to serve, cut in blocks two inches wide by four inches long.

ORANGE TARTS

2 oranges
¾ cup sugar
1 teaspoon corn-starch
1 tablespoon butter
1½ tablespoons lemon-juice

Beat together the juice of the two oranges and the grated rind of one, the sugar and melted butter. Add corn-starch stirred into the lemon-juice and bake in tart shells.

PEACH DUMPLINGS WITH WHIPPED CREAM

Pare freestone peaches, cut hole in ends and carefully remove stones. Wrap in circular pieces of puff paste rolled to ¼ inch thickness and tuck in the paste where the stones were removed. Bake in hot oven (450° F.). Before serving, fill holes with sweetened and flavored whipped cream.

PASTRY PINWHEELS

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
4 tablespoons shortening
1 egg
⅔ cup milk

Sift flour, baking powder, salt and sugar together. Cut in shortening. Beat egg and add milk. Add to dry ingredients to make a soft dough. Turn out on floured board and knead gently or pat and fold 4-6 times. Roll out ⅛ inch thick. Cut with pastry cutter into 3-inch squares, then diagonally from each corner towards center, making cuts about 1-inch long. Place a teaspoonful of jam in center. Fold corners toward center, pinwheel fashion. Bake on cookie sheet 12 minutes in hot oven (450° F.).

PEEK-A-BOOS

Cut thin pie-crust in rounds about three inches in diameter. Prick one-half of the rounds with a fork. In each of the other rounds cut three holes, to form a triangle, using a thimble or some other small cutter. Bake in a quick oven (450° F.). Spread jelly on the pricked rounds, cover with the perforated ones, putting in extra jelly through the holes. Sprinkle with powdered sugar.

PINEAPPLE TARTS

Roll puff or flaky paste about one-half inch thick. Cut rounds with a biscuit-cutter. Dip half of these in ice-water and place in a greased pan. Cut holes in the centers of the other circles. Dip the rings in ice-water and place on top of the rounds in the pan. Put a small piece of butter in each center and bake in a hot oven (400°-450° F.) fifteen to twenty minutes. Before serving, fill the centers with crushed pineapple and cover with whipped cream.

PRUNE TART

Fresh or dried prunes
Sugar
1 tablespoon flour
3 eggs
1 tablespoon cream
½ cup sugar
½ cup cake-crumbs
¼ cup powdered sugar
½ teaspoon vanilla

Line a baking-dish with paste and fill the middle with fresh or soaked dried prunes that have had the stones removed. Sprinkle with sugar and the flour and bake in a hot oven (450° F.) for ten minutes. Then reduce the heat to 325° F. and bake till the fruit is tender. Pour over it the yolks of the eggs, mixed with the cream, one-half cup of sugar and the cake-crumbs. Bake at 325° F. until the custard is set. Cover with meringue made from the egg-whites, powdered sugar and vanilla. Brown and serve.

RASPBERRY OR OTHER FRUIT TURNOVERS

Cut circles of puff or flaky paste three inches in diameter, having the paste not more than one-eighth of an inch thick. Moisten half the edge of the circle with cold water and in the center lay a teaspoon of thick raspberry preserve. Fold one-half of the circle over the other, making edges meet. Press closely and mark with a fork dipped in flour. Brush with beaten egg, prick the top with a fork, and chill before placing in the oven. Bake fifteen minutes at 450° F. Dust with granulated sugar before serving. If desired, decorate the top of each with a single preserved berry or a candied cherry. Other fruit may be used in the same way.

SWEET RISSOLES

Cut circles of puff or flaky paste three inches in diameter from a sheet rolled not more than one-fourth inch thick. Wet the edges of each circle for one-half inch all around, lay one teaspoon of any thick stewed fruit or marmalade on one side of the circle and fold the other half over upon this until the edges meet. Pinch the edges together, brush over with beaten egg and fry in deep fat at 360°-370° F. Dust with sugar and serve.

PASTRY ROLLOVERS

Cut circles ot thick rolled paste from four to five inches in diameter. Prick thoroughly, spread with jelly and sprinkle with finely chopped nuts. Roll closely over and over. Place on an inverted pan, having the lapped side of the rollover underneath to keep the roll in place. Bake in a quick oven (400°-450° F.) and brush with milk just before removing from the oven.

Meringues

A meringue is a very light, delicate preparation made by beating white of egg until stiff and fine grained. It is sweetened, and may or may not be flavored otherwise.

Egg Whites for Meringues—Good storage eggs give satisfactory results, but if eggs are too stale the whites are somewhat liquid and will not beat up well. Such eggs, therefore, are undesirable for meringues, although they may be usable for other purposes.

Varieties of Sugar for Meringues—The sugar for meringues may be powdered, fine granulated or brown. It should be sifted to free it from lumps and to keep it from being compact.

Proportion of Sugar to Egg White—For pie and pudding meringues, use from one to three tablespoons of sugar to each egg-white. For kisses and meringue shells, use from four to five tablespoons of sugar to each egg-white.

Methods of Making Meringues

No. 1—Beat the egg-whites until stiff, then add the sugar gradually, continuing the beating until the mixture is fine grained and will hold its shape.

No. 2—Add the sugar to the unbeaten egg-whites and beat both together.

With Either Method, if more than three tablespoons of sugar is to be used for each egg-white, beat two-thirds of it in as directed, and fold the last third carefully into the mixture. More beating may make the egg-white fall.

Methods of Using Meringues on Pies, Tarts and Puddings

These may be used in any of the following ways:

No. 1—Spread the meringue evenly over the surface, using a knife or the back of a spoon.

No. 2—Make the surface uneven by spreading in ridges or by making points.

No. 3—Make fancy shapes by using a pastry bag and tube.

No. 4—Put the meringue on by the spoonful. This is desirable for some puddings, as it is then easy when serving the pudding to have a nicely shaped meringue for each serving.

No. 5—Bake the meringue for puddings by itself. To do this, float spoonfuls of the mixture upon hot water in a shallow pan. Set the pan in a slow oven (300°-350° F.) and bake until the meringues are lightly browned. Skim them off immediately and place upon the prepared pudding.

In Spreading Meringue over the surface of a pie or pudding, be sure that it touches the pastry rim or baking-dish all around or it will shrink away from it in baking.

Temperatures—All meringues should be baked in a slow oven. For meringues baked on pies or puddings, the correct temperature is 300°-350° F.

Cooking Periods—Bake pie and pudding meringues from eight to ten minutes, depending upon the thickness of the meringue. They should rise and be delicately browned.

PIE OR PUDDING MERINGUE

No. 1.

2 egg-whites
2 tablespoons sugar
Few grains of salt
¼ teaspoon vanilla or ⅛ teaspoon lemon extract

Directions for making are given on pages 612 and 613.

No. 2.

2 egg-whites
4 tablespoons sugar
Few grains of salt
⅓ teaspoon vanilla or ⅛ teaspoon lemon extract

Directions for making are given on pages 612 and 613.

No. 3.

2 egg-whites
6 tablespoons sugar
Few grains of salt
½ teaspoon vanilla or ¼ teaspoon lemon extract

Directions for making are given on pages 612 and 613.

MERINGUE FOR KISSES

(Directions for making kisses and larger meringues, baked alone, are given on page 499.)

Creole Kisses—Fold 1 cup finely crushed nut brittle into meringue mixture; shape in small mounds.

Meringue Glacés—Shape mixture in large mounds. When baked, scoop out centers with spoon and place in oven to dry. Just before serving, fill shells with ice cream, crushed fruit or cream filling; serve with a dessert sauce (page 579) as desired.

Nut Glacés or Shells—Fold 1 cup finely chopped nut meats into mixture before shaping into large mounds. Use English walnuts, pecans, hickory nuts, toasted blanched almonds, pistachio nuts or cashews.

Date and Walnut Meringues—Fold 1 cup each chopped dates and broken walnut meats into meringue mixture. With teaspoon shape in small mounds.

Meringue Nests with Peaches—Prepare 1½ times the recipe. Cover bottoms of medium-sized muffin pans with unglazed paper; do not grease. Pack with meringue, cutting with knife to remove air pockets. Bake for 1 to 1¼ hours. Remove while warm and scoop out soft center from underside; then cool. Just before serving, fill with fresh peaches, sweetened with powdered sugar, and top with a hood of whipped cream. Substitute other fruits for peaches as desired. Yield: 10 meringues.

FRENCH RECIPES

The Institute secured these excellent recipes directly from French kitchens. They have been selected for those who are interested in real French dishes. The secret of French cooking (except for sweets) is the use of a whiff of garlic. Even when it does not appear in the recipe, bowl, baking dish or food is usually rubbed with it.

PLAIN SOUP

6 tablespoons rice
Boiling water
½ teaspoon salt
1 medium-sized carrot
4 medium-sized turnips
2 large potatoes
1 large onion
2 sprigs water cress
1 tablespoon butter
2 cups milk

WASH the rice and add to rapidly boiling salted water. Clean and pare the vegetables, cut them in small pieces and add to the rice. Boil together for five or ten minutes, adding more water if necessary, then cover the pan and simmer the mixture gently until it is well cooked, and the water is reduced. Add the butter and milk and serve very hot.

GREEN SOUP

2 bunches water cress
2 diced potatoes
2 hard-cooked egg-yolks
2 slices bread
2 tablespoons butter or other fat

Cook the water cress until almost done, then add potatoes and cook until they are soft. Press through a sieve and add the purée to the water in which it was cooked. Brown the bread slightly in one tablespoon of the fat, and cut into small cubes. Add the minced egg-yolks and the remaining tablespoon of butter or other fat to the soup, season to taste, add the cubes of bread and serve hot.

ECONOMICAL VEGETABLE SOUP

Cut equal quantities of any left-over vegetables, such as carrots, turnips, green peppers, potatoes, celery, string beans, into small pieces. Brown them in a frying-pan with some but-

ter or other fat, add enough hot water to cover, season with salt and pepper, and cook until tender. Drain, press through a sieve and return the pulp to the water in which the vegetables were boiled. Serve hot with small squares of toasted bread. Canned vegetables may be used.

CODFISH WITH BROWN SAUCE

2 cups salt codfish
6 tablespoons cooking-oil
3 tablespoons flour
1½ cups water
1 clove garlic, chopped
1 tablespoon chopped parsley
Few grains nutmeg
¼ teaspoon paprika

Soak codfish in cold water over night. Drain and fry in oil until slightly browned. Add flour and brown. Add water and seasonings, and cook slowly for fifteen minutes. Serve fish on platter surrounded by border of rice or potatoes.

CODFISH A LA BÉNÉDICTINE

1 pound fresh codfish
4 medium-sized sweet potatoes
Salt
Pepper
Butter or other fat
Juice of 1 lemon
1 cup cream or milk
Bread-crumbs

Boil the codfish, drain it and keep it warm.

Pare the sweet potatoes, cook them in salted water or steam them and let them dry, then mash and add a pinch of pepper, two tablespoons of butter or other fat, the juice of half a lemon, and one cup of cream or milk.

Skin the fish and remove the bones. Pound it rather fine; add a tablespoon of butter or other fat and the juice of half a lemon. Mix the hot mashed potatoes with this. Add more milk or cream, enough to make a rough dough. Grease a baking-dish, and put the dough into it. Cover the top with bread-crumbs and melted butter. Put small dots of butter here and there on the top and bake in the oven (350° F.) for twenty minutes. Serve in the dish in which it was cooked.

CODFISH, BRANDADE STYLE

1 pound salt codfish
1 diced potato
2 tablespoons table oil
1 cup milk
Salt and pepper
3 tablespoons lemon-juice

Soak the codfish over night, then put it in a saucepan of cold water, add the potato and cook on a quick fire. When it is on the point of boiling, reduce the heat and cook slowly, stirring constantly with a wooden spoon. Add the oil, drop by drop, and the milk. When it thickens it has been cooked long enough. Add the salt, pepper and lemon-juice, and serve hot.

CRAB A LA CREOLE

12 small live hard-shell crabs or ½ pound crab-meat
3 tablespoons lemon-juice
2 red peppers
4 tablespoons butter or other fat
1 teaspoon salt
⅛ teaspoon pepper

Boil the crabs twenty minutes; open and clean them and reserve the yellow fat. Pour the lemon-juice over the crab-meat. Melt the butter or other fat and the crab fat in a frying-pan and add the crab-meat, seasoning, and chopped peppers. Cook for twenty minutes.

CRABS WITH RICE

15 small crabs
1 cup rice
2 or 3 small onions
2 small carrots
1 tablespoon butter or other fat
Salt and pepper

Clean the crabs. Cut off and crush the legs, and cook in boiling salted water for about an hour. Strain the juice and pour it over the rice. Let stand for half an hour and then cook until rice is tender. Cook the chopped onion and carrots in the fat until slightly browned and then add the crab-meat. Season with salt and pepper, add the rice and cook together for several minutes. Serve hot.

This is an old provincial recipe and has a particularly delicious taste that makes it a favorite.

SALMON A LA MORNAY

4 cooked potatoes
½ cup Swiss cheese
1 egg-yolk
Buttered crumbs
1 cup medium white sauce
2 cups boiled salmon

Mash the potatoes and line a greased baking-dish with them. Add the cheese and egg-yolk to the white sauce and pour half of it over the potatoes. Add the fish and cover it with the remaining sauce and buttered bread-crumbs. Bake in the oven (350° F.) for twenty minutes.

FISH FRITTERS

1 pound of small fish
3 eggs
3 tablespoons flour
Salt and pepper
Minced garlic
Minced parsley

Cook the fish and mash them. Beat the yolks of the eggs until light and thick then add, little by little, the flour, salt, pepper, the minced garlic and parsley, and the fish. Lastly add the whites of the eggs beaten to a froth. Drop spoonfuls of this mixture into hot fat (360°-370° F.) and fry to a golden brown.

CREOLE FISH

1½ pounds fish
1 lemon
1 teaspoon butter or other fat
Finely chopped onion
Salt and pepper
½ cup tomato-juice
Grated lemon-rind
1 small pimiento
6 tablespoons rice

Select a fish with firm flesh, clean the skin and rub well with a slice of lemon. Melt the fat, add the onion and the fish and cook to a golden brown. Season with salt and pepper, add the tomato-juice, a bit of lemon-rind, and the pimiento finely cut. While the fish is cooking, cook the rice in boiling salted water until tender. Make a crown of rice on a platter, place the fish in the center, pour the gravy over it, and garnish with thin slices of lemon.

FISH LOAF

2 cups cooked fish
1 teaspoon salt
2 eggs
1 cup thick white sauce

Drain the fish and tear into small bits. Add the salt, the beaten egg-yolks, the white sauce, and the beaten egg-whites.

Pour into a greased baking-dish and bake in a moderate oven (350°-400° F.) for twenty or thirty minutes.

FISH EN COQUILLES

1 cup left-over fish
8 mussels or clams
½ cup bread-crumbs
10 tablespoons milk
1 clove garlic
1 teaspoon chopped parsley
1 chopped onion
Salt and pepper
3 tablespoons butter or other fat
Buttered crumbs

Chop the fish with the mussels or clams. Add the crumbs which have been soaked in two tablespoons of milk, and the garlic, parsley, onions, salt and pepper. Melt the fat and when hot add the mixture and cook several minutes. Stir in one-half cup of milk and fill small ramekins or scallop shells. Cover with buttered crumbs and bake in a moderate oven (350°-400° F.) about fifteen minutes. Serve the dishes on a platter or on individual plates.

CASSEROLE OF SAUSAGE AND CORN

7 Vienna sausages
1 No. 2 can whole grain corn
1½ cups cracker crumbs
2 cups medium white sauce
½ green pepper

Cut sausages in short lengths and mix with corn and chopped pepper, season to taste. Make sauce by melting ¼ cup butter, adding ¼ cup flour and 2 cups milk. In a baking dish place layers of crumbs, corn mixture and sauce. Top with buttered crumbs and bake in a moderate oven for 20 minutes. Serves 5.

PORK LIVER LOAF

1 pound pork liver
1 onion
Parsley
1 cup milk
1 egg
1½ tablespoons flour
Salt and pepper
Nutmeg

Chop the liver, onion and parsley together until they are minced very fine. Add the milk and egg, flour and seasonings. Mix well, shape into a loaf, place in a baking-pan and bake in a moderate oven (375° F.) for an hour and a quarter.

No. 1. RÉCHAUFFÉ

2 cups cold cooked meat
2 cups boiled rice
Butter or other fat
Grated cheese
Salt and pepper
Milk or soup stock

Any pieces of left-over meat may be used for this dish. Cut the meat in small pieces and moisten with a little milk or stock. Spread a layer of rice in a greased baking-dish. Put several small pieces of fat on top and sprinkle with grated cheese. Season with salt and pepper. Then add a layer of chopped meat and again add several small pieces of fat and a little grated cheese. Spread the rest of the rice on the meat, then put fat and grated cheese over it more abundantly than before. Put in a moderate oven (350°-400° F.) for fifteen or twenty minutes. Serve very hot.

One can improve this dish by mixing some good tomato sauce or cream sauce with the meat.

No. 2.

1 large onion
1 tablespoon fat
Salt and pepper
1½ cups uncooked rice
1 cup tomatoes
Left-over pork, beef, mutton or chicken

Slice the onion and brown it with the fat. Wash the rice well and add it, with salt and pepper, to the onion. Cook slowly, stirring constantly until the rice is slightly brown. Press the tomatoes through a sieve and add to the rice mixture, together with the meat. Cover with boiling water and simmer for about one-half hour.

No. 3.

3 small onions
2 tablespoons butter or other fat
1 cup stock
½ cup gravy
1 cup left-over meat
½ teaspoon salt
⅛ teaspoon pepper
3 diced potatoes
½ cup carrots
½ cup prune-juice
½ cup stewed prunes

Slice the onions and fry in the fat until brown. Add the stock, gravy, meat, salt and pepper and vegetables. Cook slowly until the vegetables are tender. Add the prune-juice and boil five minutes. Turn the stew on to a platter and surround with cooked prunes.

PORK LIVER WITH RICE

1 pound pork liver
¼ pound sliced bacon
½ cup rice
3 tablespoons chopped parsley
2 or 3 sliced carrots
2 sliced onions
Salt and pepper

Fry the liver with the bacon until brown, then add the rice which has been soaked in water for one-half hour. Cover with hot water or stock, add the parsley, carrots and onions, salt and pepper. Simmer slowly until tender, about forty minutes.

HAM LOAF

¼ pound lean ham
2 tablespoons flour
2 cups milk
¼ pound grated cheese
3 eggs
Salt and pepper

Cook the ham and chop it fine. Mix the flour with the milk and cook for a few minutes; then add the ham, cheese, the egg-yolks slightly beaten, and the stiffly beaten egg-whites. Season with salt and pepper, pour into a mold, set the mold in a pan of hot water and bake in a moderate oven (375° F.) until firm (20-30 minutes). This may be served with or without a thin white sauce.

BEEF HASH A LA NORMANDIE

3 onions
1 tablespoon fat
2 cups cold boiled beef
½ cup cooked potatoes
½ cup meat stock
Salt and pepper

Cut the onions into cubes and fry in the fat until brown. Slice the beef and add to the onions, then add the potatoes and stock. Season and cook about fifteen minutes.

FRENCH RISSOLES

2 cups chopped veal or chicken (white meat)
1 onion
Salt and pepper
1 egg
1 cup water
1 tablespoon melted butter or other fat
4 cups flour

Chop the onion and add it to the meat. Season with salt and pepper. Mix this well with the yolk of the egg.

HOLLANDAISE SAUCE WILL GIVE YOUR ASPARAGUS A FRENCH ACCENT
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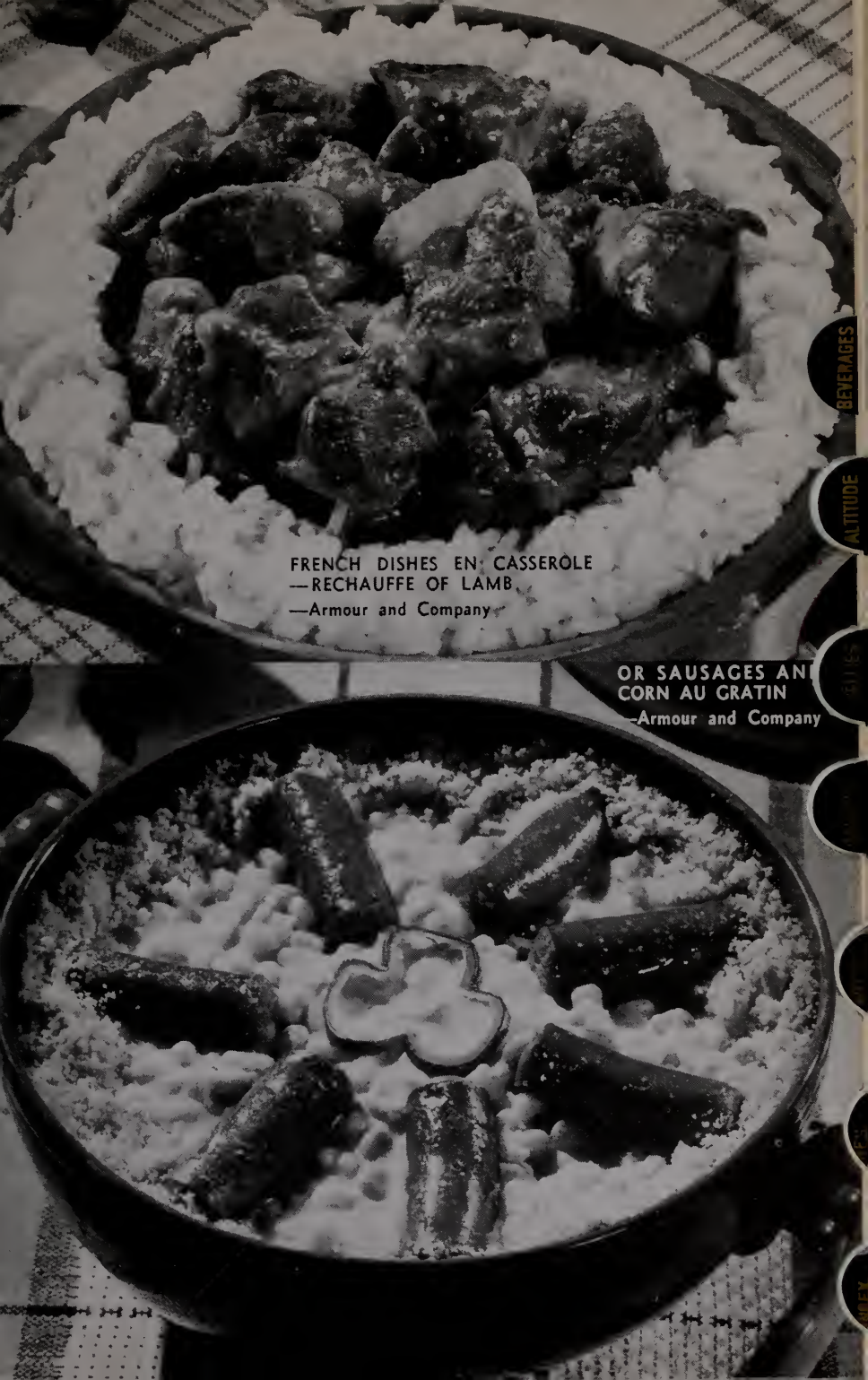
THERE'S A CONTINENTAL FLAVOR TO THESE LIMA BEANS NEUFCHATEL IN FRENCH CASSEROLE
—Kraft-Phenix Cheese Corporation



FRENCH DISHES EN CASSEROLE
—RECHAUFFE OF LAMB
—Armour and Company

OR SAUSAGES AN
CORN AU GRATIN
—Armour and Company

Mix together the water, a little salt, the white of the egg and the melted fat. Pile up the flour, make a well in the center and pour in, little by little, the liquid mixture. Work the dough thoroughly until it is smooth, then cut it in slices and roll out into thin strips with a rolling-pin.

Place the chopped meat here and there on these strips and season with salt and pepper and a little chopped onion. Fold the strips in the center and press the edges together. Cut with a small biscuit-cutter, making small rissoles. Boil these in slightly salted water for five minutes, remove them from the water, drain, and put them in the oven (400° F.) for ten minutes to form a yellow crust on top. Serve hot.

SAUCE FOR COLD MEAT AND FISH

4 tablespoons salad oil
4 tablespoons cream
3 tablespoons vinegar
Mustard
Salt
Pepper

Mix the salad oil, cream, vinegar, a little mustard, salt and pepper. Beat together quickly, with an egg-beater. The sauce gets white quickly and looks like whipped cream. Soon it becomes as thick as the best-made mayonnaise. Eggs are not required, the sauce will not curdle, and can be made quickly.

CAMBRISSON SALAD

1 cup cooked beef
2 hard-cooked eggs
2 tomatoes
4 anchovies
1 small head lettuce

Cut the beef into small pieces, add the sliced eggs and tomatoes, and the anchovies cut up into small pieces. Serve on lettuce with French or mayonnaise dressing.

RAGOUT OF DUCK OR CHICKEN

2 tablespoons butter
2 tablespoons cooking oil or fat
1 duck or chicken
Salt and pepper
1 sliced onion
1 clove garlic
Sprig of parsley
1 cup stock
1 tablespoon vinegar

Clean and cut up the duck or chicken. Heat butter with oil or drippings in a frying-pan. When hot, add the meat.

Season with salt and pepper and cook until the meat is slightly brown. Remove the meat and add the onion to the fat in the pan and cook until brown, then add the garlic and parsley, the stock and vinegar. Return the meat to the pan and simmer slowly until tender.

Rabbit, hare, lamb or young partridge may be prepared in the same way.

CHICKEN VICTORY

1 chicken
2 tablespoons salad oil
9 onions
½ pound bacon
Parsley
Thyme
½ bay-leaf
3 large tomatoes
1 cup stock
½ pound mushrooms

Prepare the chicken for roasting. While it is roasting, heat the oil in a frying-pan, add three of the onions finely chopped, and cook until a light brown. Add half the bacon, cut in small pieces, the parsley, thyme, and bay-leaf. When brown, add the tomatoes cut in slices, and the stock. When all is cooked, press through a sieve.

In another pan, brown lightly the other half of the bacon cut in strips, the mushrooms and the six remaining onions, chopped. Cook until everything is tender, then add the previously made sauce and the gravy from the roasted chicken, and, if necessary, thicken with a little flour.

Cut up the chicken, arrange pieces in the center of a platter and pour the sauce, with bacon, mushrooms and onions, around it. Cut bread in diamond-shaped pieces, fry in the bacon fat, and place these also around the chicken.

ASPARAGUS WITH CHEESE

1 bunch asparagus
½ cup grated cheese
1 teaspoon salt
1 tablespoon butter
⅛ teaspoon pepper

Cut asparagus in pieces and boil in salted water for ten minutes, then place it in a baking-dish. Sprinkle with the grated cheese and seasoning, and add the butter in small pieces. Bake in a moderate oven (350°-400° F.).

RED CABBAGE WITH CHESTNUTS

1 red cabbage
1 tablespoon drippings
½ cup melted grape jelly
½ cup water
Salt and pepper
French chestnuts

Select a nice red cabbage, discard the outer leaves and soak for a short time in cold water. Drain, and slice in thin shreds. Melt the fat in a saucepan, add the jelly and the cabbage, the water, salt and pepper. Cook very slowly until tender.

At the same time, boil some French chestnuts; take off the skin and add them to the cabbage. Cook all slowly for about two hours, until the liquid has evaporated.

STUFFED CABBAGE

1 cabbage
Cooking fat
Butter
Parsley
Spices
1 cup bread-crumbs
3 eggs
1 chopped onion

Place a thin piece of cheese-cloth in the bottom of a bowl and lay the large cabbage leaves in it. Chop the middle of the cabbage fine and sauté it in the fat until it is yellow. Remove it from the fire, add a little chopped parsley, spices, bread-crumbs, eggs and onion. Place this mixture inside the large cabbage leaves, and tie up the cabbage by tying together the four corners of the cloth.

Place in a pan of boiling salted water and boil until the cabbage leaves are tender (about thirty-five minutes). When done, remove from the cloth, pour a little melted butter over it, and some fine bread-crumbs, and bake for five minutes. Serve with tomato sauce.

EGGPLANT ORIENTAL

2 green peppers
2 eggplants
3 tablespoons cooking oil
6 ripe tomatoes
3 teaspoons salt
1 teaspoon paprika

Remove the seeds from the peppers, and cut the peppers into small pieces. Pare the eggplants and cut into small pieces. Cook the eggplant and peppers in the fat until slightly brown, then add the tomatoes and seasonings and continue the cooking until the eggplant is done. Serve very hot.

LEEKS AND POTATOES AU GRATIN

12 leeks
6 potatoes
1 cup medium white sauce
½ cup grated cheese
Bread-crumbs
Salt and pepper

Cook the leeks in boiling water; boil and slice the potatoes; arrange the vegetables in a baking-dish, and pour the white sauce over them. Add the cheese, bread-crumbs and seasoning, and bake (350° F.) for fifteen minutes.

LIMA BEANS, NEUFCHÂTEL STYLE

2 cups green Lima beans or 1 cup dried Lima beans, soaked in water over night
1 teaspoon salt
¼ cup butter or other fat
1½ cups milk
2 egg-yolks

Cook beans in boiling salted water until almost tender. Drain; add fat, salt, milk and beaten egg yolks. Turn into casserole and bake in 350° F. oven, 20-30 minutes. Stir twice until beans begin to brown.

MUSHROOMS AU GRATIN

½ pound mushrooms
1 sliced onion
2 tablespoons cooking oil
2 tablespoons flour
1 cup mushroom stock (made from stems)
½ cup bread-crumbs
1/16 teaspoon pepper
¼ teaspoon paprika
1 tablespoon butter
½ teaspoon salt
Juice of 1 lemon

Peel the mushrooms and sprinkle salt over them to extract the water. Fry the onion in the oil. Add the flour and brown; add the stock, the pepper, paprika, butter, salt and lemon-juice and cook the sauce until it is thickened. Drain the mushrooms and add them to the sauce. Put into a baking-dish, sprinkle with crumbs and bake until slightly browned.

POTATO PATTIES

6 potatoes
2 tablespoons flour
Salt
2 tablespoons butter
1 tablespoon grated Swiss cheese
Tomato sauce

Boil the potatoes in their jackets; peel and mash them and add flour, butter, grated cheese and salt. Mix well and shape in

round patties, rather thick, making a hole in the middle. Cook in a well-greased baking-dish, in a hot oven (400°-450° F.). When they are nicely browned pour over them tomato sauce, and serve hot in the baking-dish.

POTATOES, PEASANT STYLE

3 cups potatoes
6 tablespoons bacon fat
2 cloves garlic
2 tablespoons parsley
½ teaspoon paprika
2 tablespoons flour
2 cups milk
1 teaspoon salt
⅛ teaspoon pepper

Wash, pare and cut potatoes in dice. Sauté in the bacon fat until brown. Remove potatoes and fry the chopped garlic and parsley in the fat remaining in the pan. Add flour, milk and seasonings, and cook until thickened (about five minutes). Add potatoes and cook three minutes.

POTATOES, JEANETTE COURRANGELLE STYLE

6 medium-sized potatoes
Left-over meat
1 clove garlic
1 small onion
1 teaspoon chopped parsley
½ teaspoon salt

Pare the potatoes, bake in the oven until tender, then cut in halves lengthwise. Scoop out the centers. Chop the meat, garlic, onion and parsley together; add the salt, fill the potatoes with the mixture and reheat. The pulp removed from the potatoes may be seasoned with salt, pepper, and butter, and baked in the oven with tomato sauce.

POTATO FRITTERS

3 large potatoes
¾ cup powdered sugar
Lemon or orange flavoring
¾ cup flour

Pare the potatoes and boil in salted water. Mash them; add the sugar and flavor with a little lemon or orange. Allow the mixture to cool. Then add the flour and knead the dough until it is very firm.

Spread the dough with a rolling-pin and cut it with a biscuit-cutter. Fry in deep fat (360°-370° F.) until brown, then drain on brown paper.

POTATOES A L'ARCHIODOISE

4 cups potatoes, sliced thin
2 cups tomato sauce
2 minced garlic cloves
1½ teaspoons salt
1 teaspoon paprika

Wash, pare and slice potatoes into a baking-dish. Add other ingredients and bake (350°-400° F.) one hour and thirty minutes.

COOKED RADISHES WITH CHEESE

Boil small pink radishes from which the leaves have been removed. Drain, and cook in a saucepan with butter and grated cheese until the cheese is melted.

SPINACH WITH CHEESE

1 quart spinach
2 tablespoons chopped parsley
4 tablespoons fat
½ teaspoon paprika
4 eggs
2 cups milk
1 cup Swiss cheese
1 teaspoon salt

Wash and chop the spinach. Add the parsley and cook in the fat for ten minutes. Add well-beaten eggs to the milk, and pour over the spinach. Add cheese and seasoning; turn into greased baking-dish and bake in a moderate oven (350°-400° F.) one-half hour.

SPINACH À LA REINE

½ tablespoon chopped onion
½ tablespoon fat
1 quart spinach
1 tablespoon flour
1 cup milk
Salt and pepper
3½ tablespoons grated cheese
3 eggs
6 cooked shrimps

Cook the onion in the fat, add the spinach, which has been washed and chopped, and fry quickly. Add flour and milk, and cook until it thickens. Season with salt and pepper and add the grated cheese. When it starts to boil remove from the fire and add well-beaten egg-whites, then the beaten yolks, turn into a baking-dish and bake in a very hot oven (450°-500° F.) for ten minutes. Garnish with the shrimps.

TOMATOES WITH BROWN SAUCE

4 tomatoes
½ teaspoon salt
Few grains pepper
1½ tablespoons butter or other fat
Brown sauce

Plunge tomatoes in boiling water for one minute. Peel, slice and put in baking-dish. Add seasoning and fat in small pieces. Bake in a moderate oven (350°-400° F.) for ten minutes. Add brown sauce and again bake for ten minutes.

STUFFED TOMATOES

8 tomatoes
5 medium-sized onions
4 cloves garlic
1 piece thyme
1 bay-leaf
½ teaspoon salt
⅛ teaspoon pepper
5 tablespoons fat
2 tablespoons flour
½ pound sausage-meat

Cut off the tops of the tomatoes and remove the pulp. Cook the pulp and four of the onions chopped fine, with the seasonings for twenty-five minutes, then add three tablespoons of the fat mixed with the flour. Cook the mixture for twenty minutes. Brown the rest of the fat in a pan and fry a chopped onion in it, add the sausage-meat to it, cook for ten minutes and add this mixture to the tomato pulp. Stuff the tomatoes with the mixture and bake (at 350° F.) for twenty-five minutes. Serve in the baking-dish.

TURNIP LEAVES

Select the leaves of young turnips, wash carefully and boil in salted water until tender. Drain, chop very fine, and season with salt, pepper and butter. Serve hot.

TURNIPS WITH CHEESE

3 medium-sized white or yellow turnips
2 tablespoons fat
2 tablespoons flour
1½ cups milk
1 teaspoon salt
⅛ teaspoon pepper
½ cup grated cheese

Peel the turnips, cut them in slices, and boil them for about fifteen minutes in boiling salted water. Make a white sauce

with the fat, flour, milk, salt and pepper. Pour this over the turnips and sprinkle the grated cheese on top. Bake for ten minutes and serve hot.

DANDELION OMELET

1 cup dandelion hearts 4 eggs Butter or other fat

Fry the hearts of very white dandelions in butter or other fat, and mix them with the well-beaten eggs. Cook like an ordinary French omelet. The taste resembles an asparagus-tip omelet.

EGGS FLORENTINE

2 quarts spinach
4 tablespoons butter
½ teaspoon pepper
1 teaspoon salt
6 hard-cooked eggs
½ cup tomato sauce

Wash, cook and drain the spinach and add the butter and the seasonings. Arrange a nest of spinach at each end of a small platter. Put three eggs in each nest and pour the tomato sauce between the nests.

EGGS IN FRENCH STYLE

6 eggs
2 tablespoons fat
4 tablespoons flour
1 cup milk
½ teaspoon salt
½ teaspoon paprika
⅛ teaspoon pepper
Bread-crumbs

Boil the eggs for five minutes; make a thick white sauce, using fat, flour, milk and seasonings. Dip the eggs into the sauce; cool and dip into fine bread-crumbs. Fry in hot fat (375°-390° F.) until golden brown. Serve with tomato sauce.

MOLDED EGGS WITH CHEESE

3 eggs
3 cups milk
½ pound grated cheese
Salt
Cayenne
Parsley

Beat the eggs and milk together and add the grated cheese and seasonings. Pour the mixture into a greased baking-dish, set in hot water, and bake at 375° F. until it is firm. Turn out on a platter, and garnish with chopped parsley.

MIMOSA EGGS

6 hard-cooked eggs
Lettuce
¾ cup boiled ham
Mayonnaise

Cut the eggs in halves lengthwise. Remove the yolks and stuff the whites with chopped ham. Lay the eggs on a plate lined with lettuce leaves and cover with mayonnaise dressing. Decorate with sifted yolks of the eggs.

EGGS AU GRATIN

1½ cups milk
1 teaspoon salt
⅛ teaspoon pepper
½ cup grated Swiss cheese
4 eggs

Add milk, seasoning and cheese to slightly beaten eggs. Turn the mixture into a greased baking-dish, set the mold in a pan of water and bake (375° F.) twenty minutes, or until firm. Remove from the oven; let stand three minutes and unmold on a platter. Serve with tomato sauce.

CHEESE OMELET SOUFFLÉ

2 tablespoons butter or other fat
4 tablespoons flour
1 cup milk
Salt and pepper
¼ pound grated cheese
3 eggs

Put the fat and flour into a pan and when blended add the hot milk, the salt and pepper, and the grated cheese, stirring quickly to melt the cheese. When the mixture is getting cool, add first the yolks, then the stiffly beaten whites of the eggs. Put the mixture into a greased baking-dish, set in a pan of hot water and bake in a moderate oven (375° F.) for fifteen or twenty minutes. Serve at once.

CHEESE TOAST

1 egg
1½ tablespoons cream
1½ tablespoons flour
¼ pound grated cheese
Salt and pepper
Slices of bread

Mix first five ingredients well together and work the mixture until firm. Spread this mixture on slices of bread two

and one-half inches thick. Fry in deep hot fat (375°-390° F.) putting the cheese side down first; then turn over. Remove when the toast is a golden brown. This dish is quickly made, delicious and not costly.

GNOCCHI

4 tablespoons butter or other fat
1 cup milk
2 cups flour
3 eggs
Salt and pepper
2 ounces grated cheese
1 cup medium white sauce

Melt the fat in a pan. Put in the milk, bring to a boil, and add the sifted flour. Stir six to nine minutes. Let it cool slightly, then work in the eggs, one at a time, beat well, and season to taste. Add the grated cheese. Put the dough on the board or on a platter and cut into squares or small fingers.

Drop these into boiling salted water and poach them for about ten minutes. When they are cooked, drain them and place in a baking-dish. Pour over them the white sauce to which may be added, if desired, one ounce of grated cheese, and put the dish in the oven (250°-350° F.) for fifteen minutes. Serve hot. The gnocchi can also be served with tomato sauce.

EGGS WITH BLACK BUTTER

(Oeufs au Beurre Noir)

2 eggs
1 tablespoon wine vinegar
1 tablespoon clarified butter
1 teaspoon parsley, finely chopped

Multiply the quantities given by the number of persons to be served. Poach the eggs in water to which a little vinegar has been added. Remove while still soft and place in a dish in the oven to finish cooking. Heat the vinegar until it is half its original quantity; then pour it over the eggs. Simmer the butter for a few minutes in a pan. Add parsley and continue cooking until both butter and parsley are browned. Pour over eggs and serve at once.

Cakes and Puddings

FRENCH CAKE

1 cup sugar
1 egg
2 teaspoons cocoa
1 teaspoon cinnamon
2 cups milk or cream
3 cups flour
1 teaspoon soda
1 tablespoon melted grape jelly
Nuts

Beat together the sugar and egg, then add the cocoa and cinnamon and the milk or cream very slowly. Stir in the flour, then add the soda, dissolved in the jelly. Pour into a loaf-pan and scatter some nuts over the top. Bake in a moderate oven (350°-400° F.) about forty minutes.

FONDANT CAKE

¾ cup cream
2 eggs
2 cups powdered sugar
2 cups flour
Chopped almonds or grated lemon-rind

Cover the bottom of a shallow cake-pan with oiled paper. Blend cream, eggs, sugar and flour and pour into the pan. Sprinkle some finely chopped almonds or some grated lemon-rind on top of the cake. Bake in a moderate oven (350°-400° F.) for twenty or thirty minutes. It is preferable served hot.

CHESTNUT DESSERT

2 pounds chestnuts
½ cup sugar
¼ cup water
1 tablespoon vanilla
4 or 5 apples
1 tablespoon butter
1 teaspoon cinnamon
2 tablespoons apricot jelly

Blanch and peel the chestnuts and cook until soft, then rub through a sieve. Make a sirup of the sugar and water, add the vanilla and chestnuts and stir until the mixture is smooth. Place in a ring on a plate. Cook the apples until soft, mash them, add the butter, cinnamon, and apricot jelly. Put this mixture in the center of the chestnut ring and garnish with preserved fruits.

APPLES BAKED WITH BREAD

Remove the cores from good-sized apples; fill with jam and butter. Place round slices of stale bread in a baking-dish and put an apple on each. Pour scalded milk and water over the bread. Bake until the apples are soft. Serve in the baking-dish.

MOCHA PUDDING

⅓ cup butter or other fat
1 cup brown sugar
3 egg-yolks
¾ cup cold strong coffee
¼ teaspoon vanilla
12 lady fingers

Cream the fat and add sugar gradually, then the egg-yolks. Add coffee little by little, and vanilla. If coffee is added quickly, the mixture will curdle. Line a mold with the lady fingers. Turn the mocha mixture into the middle, and chill. Unmold and serve on a platter.

SOUR MILK PUDDING

1 quart sour milk
3 eggs
2 tablespoons powdered sugar
1 tablespoon lemon-juice
4 tablespoons granulated sugar

Heat the milk slowly until it separates, and drain the whey from the curd. Add the eggs, powdered sugar, and lemon-juice to the curd, and beat thoroughly. Caramelize the granulated sugar and pour it into a mold. Add the curd mixture and bake the pudding for twenty minutes.

MOLDED CHOCOLATE PUDDING

½ cake sweet chocolate or 3 squares bitter chocolate
2 tablespoons sugar
3 cups milk
2 tablespoons gelatin
2 egg-whites
Marshmallow whip
Cherries

Melt the chocolate and sugar in the milk in a double boiler. Add the gelatin, previously soaked in three tablespoons of water. Pour the mixture into a wet mold and let it stand in a cool place until the pudding is firm. Turn the pudding on to a glass dish and garnish it with beaten egg-whites mixed with marshmallow whip. Place a cherry in the center of each mound of garnish.

RICE CROWN WITH APRICOTS

Cook rice in milk and put in a buttered ring mold. When cool, turn into a fruit-dish. Cook dried apricots and place halves around the top of the crown. Strain the remainder of the fruit through a fine sieve and pour in the hollow of the crown. If this dish is desired hot, put the mold in the oven for a few minutes before trimming it with the apricots.

BREAD PUDDING

6 or 8 slices stale bread
Salt
2 eggs
¼ cup sugar
½ cup seeded raisins
1 quart milk
½ teaspoon cinnamon
1 teaspoon lemon extract

Dip slices of stale bread in slightly salted water until they are soft. Drain and put into a bowl, adding the well-beaten eggs, the sugar, and the seeded raisins. Scald the milk, flavor it with the cinnamon and lemon extract, pour it over the bread, and fill a greased pudding-dish with the mixture. Set in a pan of hot water and cook in the oven (250°-350° F.) from forty-five to sixty minutes. Serve with hard sauce.

APPLE MERINGUE PUDDING

Toasted bread
Hot milk
1 dozen apples
Sugar
Nutmeg
3 eggs

Cover the bottom and sides of a baking-pan with toasted bread, wet with hot milk. Core the apples and cook them whole; sweeten with sugar and flavor with nutmeg. Beat the yolks of the eggs together with a little sugar and pour over the apples. Put the apples in the baking-pan over the bread, then cover with the stiffly beaten whites of the eggs. Bake in a slow oven (300°-350° F.) for a few minutes.

HOT AND COLD BEVERAGES

Coffee

THE standard kinds of coffee on the market today are Mocha, Java, Bogota, Rio and Santos. Although only about three per cent of the coffee used in the United States is actually from Mocha or Java, these names represent grades that are regularly for sale.

Buying Coffee

The size of the coffee bean is not important, since that differs with each variety; the color, however, may be, because this indicates the amount of roasting to which it has been subjected. A light-colored bean is likely to be mild in flavor; a medium one, somewhat stronger; while a very dark one may be bitter.

If possible, purchase unground coffee and grind it at home as it is needed. It is much more economical to use finely ground coffee, because more strength can be obtained from a given amount than from that which is coarser. If one has equipment for using pulverized coffee, that will be the most desirable.

CAFFEIN-FREE COFFEES—Coffees from which most or all of the caffein has been extracted are on the market. These are sold under trade names. Together with cereal beverages they are used by those who prefer them to coffee or who may find coffee too stimulating.

INSTANTANEOUS COFFEES consisting of finely pulverized coffee which may be dissolved in boiling water are available for campers and those who want a quick cup of coffee.

Storing Coffee

As coffee loses its strength when it is exposed to the air, it should be kept tightly covered, especially after it has been ground. When coffee has lost its flavor from exposure to the air, it can be improved by heating the dry coffee in a frying-pan, taking care not to let it burn. The flavor, however, will not be so good as the original flavor.

Methods of Making Coffee

The most delicious coffee is made with water just below the boiling-point. Many of the percolators and drip coffee-pots on the market are planned on this principle. Coffee should be served as soon as it is ready; if it has to stand, the pot should be tightly covered and the spout should be plugged with cotton or tissue, so that none of the aroma will be lost.

For weak coffee, use 1 level tablespoon coffee to 1 cup water.
For medium coffee, use 2 level tablespoons coffee to 1 cup water.
For strong coffee, use 3 level tablespoons coffee to 1 cup water.

Filtered or Drip Coffee—There are many coffee-pots on the market for making filtered coffee. They all contain some sort of a strainer which allows the water to drip through the coffee very slowly. Pulverized coffee should be used for this method. Place the coffee in the strainer and pour boiling hot water over it. If the infusion is not strong enough, refilter it. Serve immediately. Glass tricolators of oven glass ware are excellent for making filtered coffee, as they hold the heat well.

Boiled Coffee—Put the coffee into the pot with the white of an egg or some egg-shells and a little cold water and stir all together thoroughly. Pour boiling water over it and place on the stove. Cover the spout of the coffee-pot or stuff it with paper to preserve the aroma. As soon as it boils up, reduce the heat and allow it to settle. A quarter of a cup of cold water poured in will cause the coffee to settle more quickly. Do not allow it to become muddy by careless pouring. To avoid this, decant it into a hot serving-pot.

Percolated Coffee—Use the correct size percolator for the number to be served. Measure fresh-running cold water into pot to same number of cups. Measure coffee, finely ground or pulverized, into the basket, using 1 heaping tablespoonful to cup of water. Use medium heat or flame until percolating begins, then lower flame and continue for 8 to 10 minutes, when the liquid in the glass cap is light brown or deep amber. Serve at once. Prolonged percolating dissipates the fine aroma and flavor.

AFTER-DINNER COFFEE

The best after-dinner coffee is made with a filter. If really black coffee is desired, use three tablespoons of finely ground

coffee to each cup of freshly boiled water. Wet the strainer in cold water before adding the coffee. Pour the boiling water slowly upon the coffee, and leave the pot over the heat while the water is finding its way through the fine grains and absorbing their flavor. When all the liquid has dripped through, the coffee is done and should be served at once.

VIENNA COFFEE

Make after-dinner coffee and serve in demi-tasses topped with stiffly whipped cream. Sugar may be used if desired. This style coffee is best suited to afternoon or evening service, although it is adapted for after-dinner service as well. Serve with small cakes.

CAFÉ AU LAIT

Make medium or strong coffee by the drip or percolator method and while it is being prepared scald an equal amount of fresh milk. Pour the coffee and hot milk together into the cups in equal amounts, one pot in each hand.

TURKISH COFFEE

Use finely pulverized coffee. Mix one tablespoon of coffee for each demi-tasse with an equal amount of granulated sugar. When the water is boiling briskly, add the coffee, and when it looks frothy remove from the fire. In a moment or two, boil it up again and repeat a third time. It should be thick and foamy. Serve at once, without cream, as the last course at dinner or luncheon or as a refreshment in the evening with small cakes. It is too strong to serve in cups any larger than demi-tasse.

ICED COFFEE

Make coffee of desired strength—it should be fairly strong, as the ice dilutes it. Cool it and serve in tall glasses with cracked ice; or pour the hot coffee over cracked ice, in glasses, adding more ice if needed. Top the glass with whipped cream or vanilla ice-cream. Cream may be poured on the ice before the coffee is added, and the coffee may then be topped with whipped cream.

Cereal Beverages

Grains, roasted so that they produce a brown infusion, similar in appearance to coffee, are obtainable in several brands. These furnish a hot beverage for many who do not care for or cannot drink coffee or tea. They are excellent breakfast beverages for children and young people. Directions for preparing them are given on the packages.

Tea

A cup of tea with its delicately fascinating aroma is one of the most delicious beverages, but probably no other is attended with such doubtful results, chiefly because the average person knows little about the selection of teas, and methods of brewing it are uncertain.

Varieties of Tea

Teas divide into three groups according to the method used in preparing them for market.

Unoxidized or Unfermented—These include the green teas, an example of which would be the Japan pan-dried tea. The leaves are greenish and the tea made from them is light colored and delicate in flavor.

Partly Oxidized or Partly Fermented—These include the Oolong and Ceylon varieties. The leaves are brown and the tea made from them is darker in color than that made from the unfermented leaves and has a characteristic aromatic flavor.

Oxidized or Fermented—These are known as black teas, such as English Breakfast or China Congou, and India teas such as Darjeeling and Pekoe. The leaves are black and the beverage has a rich dark color and a fruit flavor.

During oxidation or fermentation, chemical changes take place which improve the flavor and reduce the amount of tannin, the substance which gives tea its astringency. As green teas are not oxidized, they contain a larger proportion of tannin than the others and consequently have a more astringent flavor.

Buying Tea

Buy tea that has well-curled leaves and that is free from stems or dust. In preparing tea for marketing, the leaves are withered or steamed and then rolled by hand or machinery.

This extracts some of the juice, which dries on the leaf and makes it more easily soluble when the tea is steeped. The twist of the leaf due to this rolling helps to secure this dried juice. Tea with very large leaves, dusty tea or tea in which stems are found in abundance is of poor quality and even though offered at a reduced price is bad economy, as a large quantity must be used to produce even a fair flavor.

Storing Tea

Tea will absorb moisture and odors, and the volatile oil, to which it owes much of its flavor, will evaporate. Store tea, therefore, in tightly covered cans and in a cool place.

Best Method of Making Tea

Glass or earthenware pots are by all means to be preferred in making tea; metal is to be avoided if the best flavor is desired. If two pots are not available, some arrangement by which the tea leaves can be removed from the pot is necessary. Some pots come equipped with strainers.

Tea May Be Put in a Tea-Ball or a muslin bag and taken out when sufficiently steeped. These containers should be not more than half full, to allow the tea leaves room to swell and to give off the amount of flavor of which they are capable.

Making Tea in a Cup with the aid of a tea-ball or strainer is not to be encouraged, as the tea does not steep long enough and the flavor and aroma are dissipated.

The Quantity of Dry Tea to Use in proportion to water is not fixed; it depends on the grade of tea and the strength desired. An old rule reads, "a teaspoon of tea to a cup," and it is an excellent one to use when trying a new tea; but most people will find that it is not necessary to use as much as this. The housewife must experiment with her particular kind, and suit it to the tastes of the individuals drinking it.

The Method of Making is not so variable. Experts insist that there is only one way. Freshly boiling water is necessary, otherwise the tea is flat and insipid. Pour the boiling water on the required amount of leaves in an earthen or glass pot. If an infusion is desired with a maximum of aroma and a minimum of tannin or astringent flavor, allow it to brew for three minutes, then remove the tea container or pour off the liquor into another warm pot and serve at once. More "body" is given by

longer brewing, due to extraction of more tannin. Five minutes should be sufficient time.

Tea May Be Served With Sugar, cream or milk, lemon, cloves, candied cherries, orange-peel or rose leaves and mint. Black teas are best to serve with cream.

ICED TEA

Make tea in the usual way. The clearest iced tea is made by pouring the hot liquid over cracked ice rather than by cooling it slowly and chilling in the refrigerator. If it is to be poured over cracked ice, it must of course be made doubly strong, as the ice dilutes it.

Chocolate and Cocoa

Chocolate is made from cocoa beans that are ground under pressure. It is sold in the unsweetened form, such as we commonly use for a beverage, and also sweetened and flavored. If chocolate is stored in a warm room, the fat known as cocoa butter will melt and come to the surface, and when it hardens will give the chocolate a gray look, because the fat is practically white. The cake of chocolate, however, is as good to use as ever. The instantaneous chocolates found on the market are combinations of cocoa, flavoring, sugar and often milk powder.

Cocoa is the ground bean from which part of the fat has been extracted. It should be a rich reddish brown in color. If it is very dark, it is usually because it has been artificially colored or made from imperfectly cleansed beans or those of a poor quality.

Cocoa is a valuable food and is an excellent medium by which to introduce milk into the diet. Because it contains a stimulant, it is best to use a minimum of cocoa and a maximum of milk when giving it to children.

Cocoa preparations, in which cocoa, sugar, powdered milk and malt are used, make quickly prepared beverages.

The method of making all beverages containing cocoa is based on the fact that cocoa is rich in starch; therefore cocoa boiled for five minutes has a much better flavor than that which is made by simply adding it to scalded milk, because cooking improves the flavor of all starches.

COCOA

2 to 3 tablespoons cocoa
½ cup water
1 quart milk
1 to 2 tablespoons sugar
⅛ teaspoon salt

Stir cocoa, sugar and either hot or cold water together and boil over the fire for five minutes; add salt. Scald the milk in a double boiler; add to the cocoa mixture and stir until well blended. Or, add cold milk to the cocoa mixture after boiling for five minutes and let it stand over hot water until hot and well blended. Beat with a rotary egg-beater to make foamy before serving. Whipped cream or marshmallows may be served with cocoa.

CHOCOLATE

2 squares unsweetened chocolate
4 cups milk
3 tablespoons sugar
3 tablespoons water

Scrape the chocolate fine, mix it with the water and heat over hot water until the chocolate is melted. Bring the milk to the scalding point (in a double boiler), add the chocolate and the sugar, stir until dissolved and whip with an egg-beater until the beverage is light and frothy.

ICED CHOCOLATE

Make chocolate or cocoa as usual; cool and serve in tall glasses with chopped ice, topped with sweetened whipped cream.

RECEPTION CHOCOLATE

1 quart milk
½ cup cocoa
¼ cup flour
1 quart water
½ cup sugar
½ teaspoon vanilla
⅛ teaspoon salt

Mix dry ingredients and make a smooth paste with some of the water. Pour on the remainder of the water and boil slowly for fifteen minutes. Combine with the milk, bring to the boiling-point. Add vanilla. Serve with whipped cream. This is a very thick, rich cocoa which is improved by standing over hot water an hour or more.

Fruit Beverages

Fruit beverages are particularly valuable in the diet. They should be served more frequently than any of the others except milk. The time has passed when we think of them as only for formal or semi-formal occasions or for the warmest Summer days. They offer most desirable minerals, are rich in vitamins, and, because of the sugar used to sweeten them, are fairly high in fuel value. Most of the fruit-juices have a wholesome laxative effect. In the Summer they make refreshing drinks; through the Winter, the juices that have been bottled during the warmer months plus the fresh juices available from the citrus fruits are a source of vitamins and minerals, which may be so lacking in the diet at that time; and in the Spring they are most valuable stimulants to the jaded appetite. The tang of their acid flavor and their attractive color make them welcome additions to the table.

Grape-juice, pineapple-juice, tomato-juice concentrated grapefruit-juice and orange-juice, etc., for making fruit beverages, may be bought in bottles or cans.

Combinations of Fruits—Any combination of fruit-juices will make a successful beverage provided some of the more tart juices, such as those from lemons, sour oranges, apple cider or rhubarb, are present to give the necessary acidity.

Sugar Sirups—A beverage sweetened with a sugar sirup is better than one to which unmelted sugar has been added. The sirup gives a smoother texture and is easily mixed through the whole drink, while sugar has a tendency to sink to the bottom.

The amounts of sugar given in the recipes can not be exact, as the sugar must vary according to the acidity of the fruit and individual taste.

Utensils—It is best to use silver, glass or stainless steel in cutting fruit, or for pressing or stirring the juices. Some metals give a metallic flavor to the beverage. Utensils of glass, china, enamel or wood are the most desirable to use for holding the juices.

Chilling—Fruit beverages may be chilled by putting cracked ice into the beverage or into a bowl in which the container holding the beverage is set. Ice cubes made in the trays of the mechanical refrigerator are excellent for chilling beverages.

SUGAR SIRUP

4 cups sugar 4 cups water

Boil sugar and water together for ten minutes. Pour into clean hot jars and seal. This sirup may be kept on hand and used as needed.

LEMONADE

No. 1.

6 lemons 3 cups water 1 to 1½ cups sugar sirup

Squeeze the juice from the fruit. Mix well with the sirup and water. Serve very cold.

No. 2.

6 lemons 4 cups water ½ to ⅔ cup sugar

Squeeze the juice from the lemons and mix with the water and sugar. See that the sugar is well dissolved.

VARIATIONS OF LEMONADE

Apple Lemonade—Wash apples and dice, using everything, including skin and core. Cook with enough water to cover, strain through a cloth and add one cup sugar for each cup of juice thus obtained. Dissolve sugar in the juice and cool. Fill glasses half full of this apple sirup, add to each glass the juice of half a lemon and fill up with ice and water.

Berry Lemonade—To each glass of lemonade add two tablespoons of crushed fresh or canned berries—strawberries, raspberries, blackberries, loganberries or blueberries. Seedy fruits should be strained. Garnish with whole berries and serve with crushed ice.

Currant Lemonade—

1 cup sugar 1 cup water
4 cups currants Lemons

Cook the sugar with the currants until the fruit is soft. Add the water, strain and cool. Allow one-half lemon and one-half glass of currant sirup for each serving. Fill glasses with ice and water.

Egg Lemonade, No. 1—For each glass use one beaten egg;

add the juice of one lemon and one-fourth teaspoon nutmeg. Fill glass with chilled water; shake well and serve.

No. 2—Into a tall glass half full of crushed ice put a spoonful of chopped fruit, pineapple, peaches or crushed berries. Beat in an egg, add juice of one lemon and sugar to taste. Fill glass with plain or effervescent water and shake or stir until very cold.

Lemon Frost—Fill a tall glass one-fourth full of cracked ice, add lemonade fill the glass three-fourths full and frost the top with a spoonful of stiffly beaten egg-white sweetened slightly and flavored with lemon-juice.

Lemon Ginger—For each glass allow two tablespoons ginger sirup, the juice of one-half lemon and two tablespoons pineapple-juice. Fill with cracked ice and water.

Lemon Mint—For each glass squeeze the juice of one lemon over six or seven crushed mint leaves. Sweeten to taste and add chopped ice, and water to fill the glass.

Pineapple Lemonade—

1 pineapple
1 quart boiling water
1 lemon
1 cup sugar
1 cup tea infusion

Wash, slice and pare the pineapple, and take out all the eyes. Prepare the tender part to serve. Put the core, the rind and the grated rind of the lemon in a kettle and pour on the boiling water. Cover and simmer for half an hour. Strain through cheese-cloth. Add sugar, tea and lemon-juice. Serve cold. As some pineapples are much more sour than others, more sugar may be necessary.

LIMEADE

Limeade is made in the same way as lemonade, using limes instead of lemons and a little more sweetening. This is even more refreshing than lemonade in summer.

ORANGEADE

4 oranges
1 lemon
1 to 1½ cups sirup
3 cups water

Follow directions for lemonade given on the preceding page.

PINEAPPLE ORANGEADE

4 oranges
1 pineapple
1 quart boiling water
Sugar or sirup

Add the juicy parts of the pineapple, shredded, to the orange-juice. Pour the water over the fruit and sweeten to taste. Cover and set aside to cool. Strain and serve iced. Blood oranges will give the mixture an attractive pink color.

MIXED FRUIT PUNCH

No. 1.

1 quart blue grape-juice
1 pint white grape-juice
Juice of 12 oranges
Juice of 12 lemons
Sugar or sirup to taste
2 quarts ginger ale
1 pint charged water

Mix fruit and sugar or sirup. Add ginger ale and charged water and serve with chopped ice. This will serve twenty-five people.

No. 2.

1½ cups water
1½ cups sugar
1 quart grape-juice
2 quarts chilled water
Juice of 6 lemons
Juice of 6 oranges
1 pint tea
1 pint grated pineapple

Boil water and sugar ten minutes. Cool and add other ingredients and let stand one hour. Add chilled water and serve with chipped ice. This will serve twenty-five people.

No. 3.

2 cups water
2 cups sugar
1 cup pineapple
1 cup strawberries
1 cup raspberries
1 cup bananas
1 cup white grapes
1 cup maraschino cherries
Juice of 6 oranges
Juice of 6 lemons
2 quarts charged water

Boil water and sugar ten minutes. Cool and add crushed fruit and fruit-juice. Chill. Add charged water just before serving. This will serve twenty-five people.

GINGER ALE PUNCH

Juice of 4 lemons
1 pint grape-juice
Sugar or sirup to taste
1 quart ginger ale

Mix fruit-juices and sugar or sirup. Just before serving, add ginger ale.

GINGER PUNCH

1 quart water
1 cup sugar
¾ cup chopped Canton ginger
¼ cup ginger sirup
1 cup orange-juice
¼ cup lemon-juice
1 quart charged water

Boil water, sugar, ginger and ginger sirup for twenty minutes. Cool. Add fruit-juices and charged water gradually.

GRAPE JUICE PUNCH

1 cup sugar sirup
1 pint water
Juice of 3 lemons
Juice of 1 orange
1 pint grape-juice

Mix ingredients in order given. Chill and serve.

LEMON PUNCH

Juice of 6 lemons
Juice of 3 oranges
1 quart water
½ cup mashed strawberries
½ cup crushed pineapple

Mix fruit-juice, sweeten to taste with sirup, add water and crushed fruit. Garnish with very thin slices of orange.

PARADISE ISLAND PUNCH

½ cup sirup
1 quart pineapple-juice
Juice of 2 oranges
Juice of 1 lemon
Juice of ½ grapefruit
½ cup crushed pineapple
½ cup crushed strawberries

Proceed as for lemon punch.

RASPBERRY PUNCH

1 lemon
1 cup raspberries
1 cup currants
1 pint boiling water
1 cup sugar
1 cup tea infusion

Crush fruit and strain through a cloth. Without taking the pulp from the cloth, put it into another dish and pour the

boiling water over it. Drain off, but do not squeeze or it will be muddy. Add the sugar and stir until it is dissolved. Cool thoroughly before adding the fruit-juice and tea.

VERANDA PUNCH

Juice of 3 lemons
Juice of 2 oranges
½ cup sugar sirup
1 cup tea infusion
1 pint ginger ale
1 pint charged water

Mix fruit-juice and sugar sirup. Add the hot tea. Cool, and, when ready to serve, add ginger ale and charged water. Thin slices of lemon and orange may be used for a garnish.

LOGANBERRY COCKTAIL

2 cups loganberry-juice
1 cup orange-juice
Juice of 1 lemon
1 cup water
¼ cup sirup

Proceed as in lemon punch.

MOCK CLARET CUP

Small stick of cinnamon bark
3 lemons
5 oranges
1 pint water
1 cup currant-juice
Sugar sirup
¼ cup currants
1 cup tea infusion

Boil cinnamon, lemon-rinds and orange-rinds in the water for ten minutes. Strain, and when cool add other ingredients including the juice of the lemons and oranges. Serve in a tall glass and garnish with currants.

CHILLED GRAPE JUICE

Wash purple grapes and boil until skin, pulp and seeds separate. Press through jelly-bag and to every pint of juice add one-half cup of sugar. Boil for twenty minutes, chill and serve with shaved ice.

GRAPE JUICE HIGHBALL

Use Niagara grapes. Proceed as for recipe for chilled grape-juice. Serve in tall glasses half filled with shaved ice and add an equal quantity of charged water. Lemon is an attractive addition.

GRAPE-JUICE RICKY

For each glass mix the juice of one-half lime with one-half glass of grape-juice and two tablespoons of sugar. Shake in a mixer with crushed ice. Fill glass with plain or charged water.

ORANGE LILY

½ cup white grape-juice
1 teaspoon sugar
2 tablespoons orange-juice

Fill glass half full of shaved ice. Add grape-juice, orange-juice and sugar and fill with chilled water. Serve with two straws thrust through a thin slice of orange.

QUAKER DRINK

3 sprigs of mint
3 cups tea infusion
Juice of 3 lemons
Juice of 3 oranges
½ teaspoon powdered ginger
2 cups cold water

Bruise mint. Pour the tea over the fruit-juice. Mix ginger with two tablespoons hot water and the cold water. Mix all ingredients. Chill and serve.

EGGNOG

1 egg
Pinch of salt
Milk
1 tablespoon powdered sugar
2 tablespoons fruit-juice

Add salt to the egg-white and beat to a stiff froth. Add the sugar, the well-beaten yolk of the egg and the fruit-juice. Fill the glass with ice-cold milk. Sprinkle top with chopped nuts. The egg-yolk and white may be beaten together rather than separately, if desired.

MILK SHAKE

Fill a glass two-thirds full of ice-cold milk. Sweeten to taste and flavor with two tablespoons of fruit-juice, strained preserves, melted jelly or chocolate sirup. Fill the glass with finely chopped ice. Shake well. In the absence of a regulation "mixer" pour from one glass into another. When frothy, sprinkle with cinnamon or nutmeg.

MILK PUNCH

2 tablespoons sugar
¼ cup charged water
1 cup milk
½ teaspoon vanilla

Mix sugar, vanilla and milk. Stir well and add the water. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothy, pour it into a tumbler and serve.

ICE CREAM PUFF

Break an egg into a mixing-glass and add four tablespoons of any preferred fruit sirup and a serving of vanilla ice-cream. Shake until well mixed, fill with carbonated water and sprinkle with nutmeg. Extra ice-cream may be added just before serving.

ORANGE MILK SHAKE

2½ cups orange juice
1½ cups grapefruit juice
1 cup evaporated milk
1 cup water
½ teaspoon salt
¼ teaspoon almond extract
¼ cup sugar
1 cup cracked ice

Combine all ingredients as listed, in a shaker; shake until well mixed.

Coffee-Egg Milk Shake—Use 3 cups cold strong coffee, 3 eggs, well beaten, 6 cups chilled milk, 6 tablespoons cream, sugar to taste and dash of salt. Add enough iced carbonated water to each glass to foam mixture to the top.

Coffee-Chocolate Milk Shake—Use 1½ cups cold strong coffee, ¾ cup chocolate sauce (page 580) and 7 cups milk. Top each glass with 1 tablespoon whipped cream, if desired.

Iced Coffee Shake—Use 3 cups cold strong coffee, 3 drops almond extract, 2 cups chilled milk, 2 cups Apollinaris water and powdered sugar to taste. Top each glass with sweetened whipped cream and dust with cinnamon.

For additional beverage recipes including wines see pages 737 to 757.

FOODS AND BEVERAGES FOR INVALIDS

A DOCTOR'S advice is necessary in planning the diet for an invalid, as each case must be considered individually. The following general suggestions are intended to help the housewife who, in addition to her other work, has the duty of ministering to the needs of the sick and convalescent.

THE PROPER SELECTION AND PREPARATION of food for an invalid is important, but the best cooked and most palatable food may be spoiled in the serving. When possible, remove all bottles and suggestions of medicine from the room. Use a light tray, and serve everything as nicely as possible—the hot things really hot; the cold dishes cold, not lukewarm. In illness, even more than in health, care in serving is imperative, for appetite may be poor.

MEALS SHOULD BE SERVED AT REGULAR INTERVALS, and although the patient should not be consulted about the food to be brought to him, his likes and dislikes should be considered as far as possible.

BEFORE SERVING THE MEAL, be sure that the patient is ready for it, with hands and face washed; and that provision has been made for placing the tray where it will be convenient for him or his attendant to reach it. Special raised trays or bedside tables may be bought; or a rest may be improvised by placing a block of wood or a bundle of magazines on each side of the patient so that he will not have to bear the weight of the tray on his knees.

THE TRAY SHOULD BE COVERED with a clean napkin or tray cover, and the dishes and serving should be very dainty. A flower or sprig of green will often take an invalid's mind from the food, and the attractiveness of the whole will tempt him to eat what would otherwise remain untouched. Serving the meal in courses will add to the interest. Place the courses on the tray in the order in which they are to be eaten and within easy reach of the patient. Do not serve too much of any one food. Invalids will often take liquid diet through a straw and enjoy it after the glass has become tiresome.

Remove the Tray and Dishes as soon as the patient has finished eating. In contagious diseases, sterilize everything used in the sick-room by boiling in water for ten minutes.

Milk and Egg Dishes

MILK

Hot—Heat the milk quickly over direct heat, stirring constantly, and serve at once. Heat the cup before pouring in the milk, and cover it with a saucer for carrying to the sick-room. Hot milk is a mild stimulant in cases of extreme fatigue. Cooked milk will agree with many persons who cannot take raw milk.

Diluted—If milk disagrees with a patient it may sometimes be made more digestible by diluting it with barley water, oatmeal water or any good carbonated water, in the proportions of two tablespoons or more of the water to one cup of milk.

Albumenized—

1 egg-white
2 tablespoons cracked ice
½ cup cold milk
Pinch of salt

Beat the egg-white with a fork or egg-beater, add ice, milk and salt. Beat or shake enough to mix well.

Artificial Buttermilk.

1 quart skimmed milk
1 buttermilk tablet
¼ cup water

Pasteurize the milk (See Index) and cool it to body temperature. Dissolve the tablet in the water, and add this to the milk. Mix thoroughly and stand covered in a warm place for twenty-four hours, or until a solid curd is formed. Keep in a cool place until needed. Beat smooth with a rotary egg-beater or shake thoroughly just before serving.

Kumiss.

1 quart milk
¼ yeast-cake
1½ tablespoons sugar

Heat the milk to 75° F., add the sugar and the yeast-cake dissolved in lukewarm water. Fill sterilized bottles to within one and one-half inches of top, cork tightly and shake. It

may be necessary to tie the corks on the bottles, as the yeast causes the milk to ferment and if gas is produced in considerable amounts the corks are forced out. Invert the bottles and place where they can remain at a temperature of about 70° F. for ten hours. Place in the refrigerator inverted and let stand for twenty-four hours, shaking now and then to prevent the cream from forming in the mouth of the bottle. If left standing too long, it becomes less palatable. It should look like thick foamy cream when ready to serve. In opening the bottle care must be taken not to let the milk foam over.

WHEY

Whey is the water solution of milk sugar, salts and minerals which forms the basis of fresh whole milk and which is separated from the curd and fat as follows:

½ rennet tablet — 1 cup fresh whole milk
1 tablespoon cold water

Dissolve rennet tablet in water. Warm milk slowly, stirring until lukewarm—not hot (120° F.). A few drops of milk on the inside of the wrist should feel comfortably warm. Remove milk from stove. Add dissolved rennet tablet and stir quickly for a few seconds, then let stand unmoved until firm. While warm, cut curd gently into coarse pieces to separate from the whey and strain carefully through fine bleached muslin (72 to 76 mesh). Sweeten and flavor if desired. Serve as the doctor orders

With Lemon-Juice—

1 cup hot milk — 2 teaspoons sugar
2 tablespoons lemon-juice

Add lemon-juice to hot milk and let stand over hot water until the milk separates. Strain through a double thickness of cheese-cloth and add the sugar to the whey.

With Orange-Juice—Substitute orange-juice for lemon-juice and use one-half the sugar in the recipe for lemon whey.

EGGS

Steamed—Put a piece of butter in an oatmeal dish, remove the tea-kettle lid and set the dish over the boiling water. When the butter is melted, break an egg into the dish, and cover with

the tea-kettle cover. The egg will cook in a few minutes, will keep hot, and may be served in the same dish. This is also an easy way of scrambling eggs without changing the dish.

For Other Ways of Serving Eggs to Invalids look in the index for the following recipes: Coddled Eggs, Poached or Dropped Eggs, Battered or Scrambled Eggs, Shirred Eggs, Baked Eggs, Egg Timbales, Egg Toast, Scalloped Eggs, Creamed Eggs, Eggs à la Goldenrod, Plain Puffy Omelet, Plain French Omelet, Cream Omelet, Oyster Omelet, and others, depending on the condition of the patient to be served.

EGG DRINKS

Albumen Water—No. 1.

1 egg-white
1 cup ice-water
Sugar
1 tablespoon lemon-juice

Stir the white of an egg with a sliver fork, and add the water. Serve plain or sweeten and flavor with lemon-juice. Mix well.

No. 2.

2 teaspoons sugar
½ cup warm water
2 tablespoons lemon-juice or
3 tablespoons orange-juice
1 egg-white
Pinch of salt
Crushed ice

Dissolve the sugar in the warm water. Add lemon-juice. Beat egg-white enough so that it will mix; add salt and put with remaining ingredients. Shake or beat the mixture. Strain, and serve with cracked ice.

See Index for Egg Lemonade, Egg Orangeade, Eggnog, etc.

Cereal Dishes

In preparing any of the grain foods for an invalid, take special care to see that they are well cooked. In some cases the cereal may be put through a sieve or purée strainer. Whole-grain foods are important laxative articles of diet.

BANANA GRUEL

Stir banana meal into hot milk, and add sugar to taste.

OATMEAL PREPARATIONS

For oatmeal gruel and oatmeal water when the prepared oat flour is used, follow the directions for barley gruel and water. They may, however, be made from either coarse oatmeal or rolled oats. If the latter are used, they should be prepared as described in the chapter on cereals, (See Index) using the following proportions:

Oatmeal Gruel—

¼ cup rolled oats or ⅓ cup coarse oatmeal 1½ cups water

Oatmeal Water—

1½ tablespoons rolled oats or 2 tablespoons coarse oatmeal
2 cups water

Oatmeal Jelly—

4 tablespoons rolled oats or 5½ tablespoons coarse oatmeal
1½ cups water

BARLEY PREPARATIONS

Barley Gruel, No. 1.

1 tablespoon barley flour 1½ cups boiling water
1½ tablespoons cold water Salt

Mix the flour with the cold water. Add the boiling water gradually, stirring constantly, and boil hard for thirty minutes. Salt to taste. Strain through a very fine sieve.

No. 2—Use the same ingredients as for No. 1 but decrease the boiling water to one cup and add one-half cup of hot milk to the gruel when serving.

Barley Water, No. 1.

2 teaspoons barley flour 2 cups boiling water
1 tablespoon cold water

Follow directions for barley gruel.

No. 2.

2 tablespoons pearl barley 1 quart cold water

Wash the barley, and soak for five hours or over night in the cold water. Cook until it has boiled down to a pint. Strain twice.

BARLEY JELLY—

2 tablespoons barley flour
4 tablespoons cold water
2 cups boiling water

Follow directions for barley gruel. Strain into a mold, chill, and serve with sugar and cream.

INDIAN-MEAL GRUEL

2 tablespoons corn-meal
1 tablespoon flour
4 tablespoons cold water
1 quart boiling water
½ teaspoon salt

Mix the meal and flour with the cold water, rub smooth, and stir the paste into the boiling water. Stir well, and when the gruel boils, lower the heat so it will simmer gently for two hours. Add the salt, cook for one-half hour longer, and serve with cream or milk.

PANADA

Boiling water
2 soda or graham crackers

Place the crackers in a bowl, and add just enough boiling water to soak them well. Set the bowl in a vessel of boiling water, and let it remain twenty or thirty minutes, until the crackers are quite clear, but not broken. Lift them out carefully without breaking and lay them on a hot saucer. Salt if necessary. Serve very hot with sugar and cream.

RICE JELLY

2 tablespoons rice flour
1 cup boiling water
Cold water
Salt and sugar
Cinnamon or lemon-juice, if desired

Mix the rice flour with enough cold water to make a thin paste, and then add the boiling water. Sweeten and salt to taste, and boil until the rice flour is transparent. Add a little cinnamon or lemon-juice as flavoring, if desired.

Wet a mold with cold water, pour in the jelly, and when cold serve with milk or cream and sugar.

FLAXSEED LEMONADE

4 tablespoons whole flaxseed
1 quart boiling water
4 tablespoons sugar
Juice of 2 lemons

Simmer the flaxseed in the water for an hour or more. Strain, add sugar and lemon-juice, and serve hot.

CHICKEN BROTH

1 fowl (3 pounds)
2 quarts cold water
1 teaspoon salt
2 tablespoons sago or tapioca or rice

Wash the chicken and remove all the skin and fat. Cut it into small pieces, crack the bones well, and place it in a kettle with two quarts of cold water and let stand one-half hour. Set the kettle on the fire in a slow heat, add the rice, and gradually bring the water to the boiling-point. Keep it simmering for three hours, with the kettle tightly covered. Season with salt, skim off fat, strain off the broth, and serve. If made the day before using, the soup may be allowed to cool, when fat may be more easily removed.

BEEF JUICE

Broil one-half pound round of beef, cut about four inches square and an inch thick, until both sides are browned and the meat is well warmed through to start the juices. Two minutes should be sufficient. Sprinkle with salt, cut in pieces, place in a presser, lemon-squeezer or potato-ricer and squeeze out all the juice. One-half pound of beef yields two ounces or four tablespoons of juice.

Sufficient juice for two servings is generally prepared at one time. Warm the second serving over boiling water, stirring the juice constantly until it is a little more than lukewarm and serve at once.

Beef Tea—Place 1 pound lean, ground beef in a fruit jar. Add 1 pint cold water, and let stand 1 hour. Place jar in a saucepan of cold water with a cloth on bottom of pan under the jar, and heat water slowly to 140° F. Do not let it boil. Continue two hours, then slowly increase heat until beef tea turns a deep chocolate color. Add ½ teaspoon salt.

HIGH ALTITUDE COOKING

THE boiling point of water is called 212° F. but actually that temperature is reached only at sea level. For every 500 feet ascent the boiling point drops one degree. As altitudes rise in this country from sea level to 12,000 feet, food boils at 202° F. in Denver, and 198° F. in Laramie.

Simple boiling processes are carried on by the use of a pressure cooker or a sealed steamer as indicated under vegetable cookery (pages 386 to 388). In the baking of meats and vegetables oven heat can be regulated without regard to altitude. Above 7,000 feet, additional time must be allowed. The little book called "Vegetable Cookery at High Altitudes" by Emma J. Thiessen of the University of Wyoming will be found valuable.

Candy and frostings can no longer be tested by temperature because the soft-ball stage, which is 236° F. up to 1,000 feet, is 226° F. at 3,000 feet, 223° F. at 5,000 feet, and 220° F. at 7,000 feet. The other stages also occur at lower temperatures as the altitude rises. Testing consistency of the sirup by the finger or the saccharometer is the way out.

High altitude does the greatest damage to the baking processes, particularly to those baked foods containing sugar, non-yeast leavening, and shortening.

Marjorie W. Peterson of Colorado State College has made a careful study entitled "Baking Quick Breads and Cakes at High Altitudes," giving recipes for sea level with their necessary variations for 3,000 to 11,180 feet. Miss Peterson calls attention to some general requirements for all high levels. Cake and bread flours should be used exactly as indicated and not interchanged. Reductions in the amounts of sugar and baking powder as well as fat must also be made as the altitude rises, and while these bear a certain ratio per thousand feet, they are not regular. The modern woman living in high altitudes would do well to buy Miss Peterson's booklet.

CANNING, PRESERVING AND JELLY MAKING

TO Preserve Foods by Canning we must do two things. First, we must provide sufficient heat to destroy all microspic life that will cause spoilage in food; and, second, we must provide a perfect seal which will prevent the re-entrance of micro-organisms. These problems of preventing spoilage have been practically solved by the improved methods of canning which are explained below.

METHODS OF CANNING

The open-kettle or cooked-in-the-kettle and the cold-pack or cooked-in-the-can are the two methods of canning now commonly used.

Description of the Open Kettle Method

The open-kettle method is so called because the food to be canned is completely cooked in a kettle before it is poured into the jar. This method involves more risk than the cold-pack, because, unless the jar, the cover, the rubber, and all the utensils that come in contact with the food have been thoroughly sterilized by being boiled for several minutes before the jars are filled, and unless the work is carefully done, there is always the risk that the canned food will be infected and that it may spoil after the jar has been sealed. For some products, however, such as thick preserves and conserves, for which more intense heat than that of boiling water is needed, the open-kettle method must still be used. Many persons, too, prefer the open-kettle method for canning strawberries and tomatoes. It is not advisable to use it for non-acid vegetables or meats.

Description of the Cold-Pack Method

In the cold-pack method the uncooked or partly cooked food is packed in the jars, covered with water, sirup, or ice; and both the jar and its contents are heated simultaneously by boiling water or steam. This method is recommended for most

fruits and all vegetables and meats, because it is not only a safer, easier way of canning most foods than the old open-kettle method, but also because the product retains much of its natural flavor and color and more of its nutritive value.

Blanching for the Cold-Pack Method

Blanching is a preliminary step sometimes used in the cold-pack method of canning. It is no longer considered necessary to blanch all vegetables, and whenever this step can be eliminated it saves time and a certain loss of food substance. Tomatoes and some fruits are blanched to make it easy to remove the skins. Blanching may be done with either boiling water or steam.

Vegetables That Should be Blanched

The following vegetables are the only ones which must be blanched before canning:

Greens—All greens should be blanched about five minutes to reduce the bulk.

Corn—In order to prevent loss of the milk, corn should be blanched on the cob until it is firm to the touch and until the milk does not ooze out when the corn is pricked with a fork.

Beets, Carrots, Parsnips—Beets, carrots and parsnips should be blanched until the skins will slip off easily.

When Boiling Water is Used, place the fruit or the vegetables in a piece of cheese-cloth or in a crate; lower this entirely under the water, and heat for the required number of minutes. Blanch only a small quantity of the product at a time in order to keep the water as near the boiling point as possible all during the process.

For Blanching in Steam place the food in some perforated utensil or in a piece of cheese-cloth and suspend it in a tightly closed steamer. Greens should be blanched until no further shrinkage will occur. Blanching in steam generally requires a longer time than does blanching in boiling water. The steam must penetrate to all parts of the mass. For this reason do not crowd the fruits or vegetables, particularly when you are blanching greens.

The Cold Dip Which Follows Blanching rapidly chills the outside of the blanched fruit or vegetables and is accomplished by plunging them into cold water. While the food should be cooled sufficiently to make it easy to handle, do not allow it to remain in the cold water too long.

Cooking or Processing in the Cold-Pack Method

Food to be canned by the cold-pack method is usually heated or, as it is called, processed in one of two ways.

1—Continuous boiling in a hot-water bath (at 212° F.).

a—For a long period of time.

b—For a shorter period of time, if a small amount of lemon-juice or vinegar is used.

2—Cooking at a high temperature in steam under pressure.

While a continuous period of cooking in boiling water may be successful for vegetables and meats, if the period is long enough, it is not generally considered as effective in destroying the organisms that cause spoilage as cooking in steam under pressure. As a precaution against botulinus poisoning, vegetables canned in the hot-water bath should be boiled after being opened, before they are used.

Acid as an Aid in Canning by the Cold-Pack Method

If a steam pressure cooker is not available, the use of a food acid (lemon-juice or vinegar) with foods processed in a hot-water bath increases the certainty of success in canning corn, peas, beans, asparagus and greens. The acid flavor is scarcely noticeable and to most persons not objectionable.

Quantity of Acid to Use—For each pint jar of vegetables, use one tablespoon of vinegar or lemon-juice and one teaspoon of salt. Boil the jars of vegetables in the hot-water bath for one and one-half hours, according to the directions given farther along in this chapter for each vegetable.

General Directions for Canning Vegetables by the Cold-Pack Method

1. Choose vegetables that are young and that have made a quick growth.

2. Do not use very dirty vegetables as more micro-organisms are present on these than on clean vegetables.

3. Do not attempt to handle too large a quantity of vegetables at once, especially in hot weather. The various steps in the canning process must be followed in rapid succession to prevent loss of flavor caused by what is known as flat sour, and large quantities can not be handled rapidly.

4. Can vegetables as soon as possible after they have been picked. This is particularly necessary with asparagus, peas, beans and corn.

5. Clean the vegetables thoroughly and prepare them as for cooking.

6. If there is much variation in size, grade the vegetables so that the contents of each jar will be as nearly uniform as possible.

7. Blanch the vegetables, if necessary (Page 659). The blanching or scalding should be continued just long enough to make the vegetables sufficiently flexible to pack easily or to loosen the skins so that they can be quickly scraped off. Spinach and certain other delicately flavored greens should be blanched in steam instead of in boiling water, until they are thoroughly shrunken.

8. Chill the outside of the vegetables by immersing them in a large receptacle of cold water and removing them immediately. Do not attempt to cool the vegetables thoroughly by this cold dip.

9. Pack the vegetables in clean, tested jars to within one-half inch of the top. Corn should be packed only to within one inch of the top. Shake the jars to get a good pack, but do not press the vegetables down with a spoon.

10. Add from one-half to one teaspoon of salt to each pint jar. Some vegetables, such as peas, corn, beets and pumpkin, are improved by the addition of a small amount of sugar as well.

11. Fill the jars with boiling water to within one-fourth inch of the top. Place a new rubber on each jar, adjust the cover, and partly seal it by adjusting only the upper clamp or by slightly screwing the lid.

12-A. If the hot-water bath is used, place the jars on the rack in the container and add water. The boiling water should cover the tops of the jars to the depth of about one inch.

In using the hot-water bath do not begin to time the heating until the water boils over the jars. Keep the water boiling during the entire period. (Time-table on page 665.)

B. If the pressure cooker is used, place the cooker on the stove and put in the rack before placing the jars in the cooker. Add sufficient water to come up to the rack but not to cover it. Let the water get warm. Place the jars in the crate and lower it into the kettle. If two tiers of jars are to be put in the cooker, place a rack between them. Adjust the cover and place all the bolts in position; then begin screwing them down by hand, in rotation. Do *not* finish screwing down one bolt before starting the others. A better connection is obtained by following the right method. Finish tightening the nuts with a wrench.

Open the pet-cock and allow it to stand until a fine stream of steam appears; then close it. Shortly after this, the pointer on the dial will begin to move or register pressure. As soon as the desired pressure is reached, lower the heat and keep the steam at that pressure for the required length of time. See table on page 664.

When the required time is up, turn out the heat or remove the cooker from the fire. When the pointer on the dial of the cooker

registers zero, open the pet-cock gradually and allow the steam to escape. If the pet-cock is opened before the pressure is down to zero, the liquid escapes from the jars and there is danger of forcing out the rubbers.

13. Remove the jars from the hot-water bath or cooker, seal them, and invert while they are cooling, so that if there is a leakage in the jar it may appear in time. Avoid a draft on the jars, but cool them as quickly as possible, especially if the vegetables are corn, beans, asparagus or greens.

14. Wash the jars, label them, and store in a cool place.

General Directions for Canning Fruit by the Cold-Pack Method

1. Select firm, well-grown, but not overripe fruit.

2. If possible, can fruit on the day that it is picked.

3. Wash, pare, and prepare the fruit, removing all bruised or decayed parts.

4. If there is much variation in size, sort the fruit so that the contents of each jar will be as nearly uniform as possible.

5. Blanch the fruit if necessary in boiling water, a small quantity at a time, until the skin slips off.

6. Chill the outside of the blanched fruit by immersing it for a brief period in a large receptacle of cold water. Do not attempt to cool the fruit thoroughly by this cold dip.

7. Pack the fruit firmly in clean, tested jars to within one-half inch of the top.

8. Fill the jars with boiling sirup or hot water.

9. Place a new rubber on each jar, adjust the cover of the jar, and partly seal it by adjusting only the upper clamp or by slightly screwing the lid.

10. Cook for the required length of time in the hot-water bath, or, in the case of hard pears, or pineapple, in the pressure cooker. (See tables pages 664-665.) Be sure to have the jars completely immersed in water.

General Directions for Canning Meat by the Cold-Pack Method

Continuous heating is necessary in canning meats. Most authorities agree that meat should be canned only under steam-pressure.

The various parts of beef, veal, pork and mutton may be canned successfully, as may chicken and rabbit. Rabbit is canned on the bone.

1. Select meat in perfect condition. Tough cuts lend themselves well to canning.

2. Trim off dark-colored or strong-smelling portions and surplus fat. If mutton is being canned, be careful to remove the thin outer skin, which has a strong flavor. Wipe the meat well with a damp cloth. The bones may be used for making soup stock.

3. Free the meat from bones and cut it into pieces suitable for packing in the jars.

4. Pack the raw meat solidly into clean glass jars, filling them to within one inch of the top.

5. Add from one-half to one teaspoon of salt for each pint of meat, and other seasoning, such as chopped onion, celery leaves, or bay-leaf, if desired. Add no water.

6. Adjust the rubbers and the covers, and partly seal the jar.

7. Heat the jars under ten pounds of pressure for one and three-quarters hours. If a water-bath is used, boil for five hours.

Avoid These Mistakes in Canning Any Food

If there is an empty space in the jar it may be caused by any one of these conditions:

1. The jar may have been packed too loosely.

2. The product may not have been blanched enough to cause necessary shrinkage.

3. The pressure may have fluctuated instead of being kept steady.

4. The pet-cock of the pressure cooker may have opened before the pressure dropped to zero.

To be sure, the empty space will not affect the quality of the food, but it does detract from the appearance and wastes space.

Lack of liquid in the jar may also be caused by uneven temperature, and when the jar is packed closely there is little space left when the water is added. The product will keep in this condition, but the flavor seems to be better if the food is practically covered with liquid.

In the canning of greens, asparagus, peas, beans and corn, flat sour seems to be responsible for more failures than any other one factor.

This condition is not always apparent until the jar is opened. The appearance may be unchanged as to color and texture, but when the jar is opened the taste and odor are bad and the product must be destroyed. Occasionally neither odor nor taste is detected until the food is heated. Sometimes the presence of flat sour is indicated by the slightly clouded color of the liquid and a general change in the color of the product itself.

This condition seems to develop at different stages along the

In order to obtain the grades of sirup ordinarily used in canning, sugar and water may be combined in the following proportions and boiled five minutes. The quantity of water is given as the same in each grade in order to show the variation in the quantity of sugar used:

THIN SIRUP—Four cups of water, two cups of sugar. This sirup may be used for such fruits as apples, pears, raspberries and other sweet berries, when a rich product is not desired.

MEDIUM SIRUP—Four cups of water, two and one-half cups of sugar. This sirup may be used for such fruits as sweet plums, blackberries, and sweet cherries.

THICK SIRUP—Four cups of water, five cups of sugar. This sirup may be used for such fruits as peaches, cherries or pineapples, when a sweet product is desired.

A still thicker sirup may be desired for rhubarb, gooseberries, currants, sour cherries, and other very sour fruits. Such a sirup may be made by boiling the thick sirup until it begins to spin a thread.

A GUIDE TO QUANTITIES REQUIRED FOR CANNING

The following estimates may be used as a general guide in determining the amount of food required for canning:

Vegetables		Fruits	
1½ lbs. spinach	= 1 pt.	1 bu. peaches	= 25 qts.
1 lb. chard	= 1 pt.	1 bu. pears	= 30 qts.
12-15 baby beets	= 1 pt.	1 bu. plums	= 28 qts.
20 carrots	= 1 pt.	1 bu. red raspberries	= 24 qts.
¾ lb. string beans	= 1 pt.	1 bu. cherries	= 20 qts.
2 qts. peas	= 1 pt.	1 bu. tomatoes	= 18 qts.
4 small ears corn	= 1 pt.		

PRESERVES, MARMALADES, JAMS, CONSERVES AND FRUIT BUTTERS

In making preserves, marmalades, conserves, jams and fruit butters, a larger amount of sugar is used than in canning. The sugar is cooked into the fruit or condensed with the fruit-juice and acts as a natural preservative against yeasts and bacteria. These foods must still be protected from molds, and this is most satisfactorily accomplished by sealing in clean hot jars.

Preserves

Preserves are fruits in which the tissues of the fruit have absorbed a heavy sugar sirup until they are filled with sirup instead of with water. A good preserved fruit is plump and tender in texture and filled with sweetness. It is bright in color, clear and sparkling.

Cook Hard Fruits Before Placing in Sirup—Stew hard fruits, such as hard pears, underripe peaches, pineapples, sweet apples, quinces, watermelon-rind or citron, until tender before placing them in a heavy sirup. This makes the fruit soft, so that the sirup can enter the cells of the fruit. If these fruits are not treated in this way, the preserves will be hard and tough instead of plump and tender. Tender fruits such as berries, ripe peaches or cherries may be placed at once in a heavy sirup.

Cook Rapidly in Sirup—Cook the fruit rapidly in the sirup, and only long enough for the sirup to fill the fruit. Too long cooking gives a dark, stiff product.

When foods have been given a preliminary cooking to make them tender, drain them before adding them to the sirup. The water in which they were cooked should be used for making the sirup. Place the fruit in the sirup and bring it quickly to the boiling-point; continue the cooking rapidly until the product has a bright, clear, shiny look, showing that the fruit is filled with the clear sirup.

Plumping—If an extra fine quality of preserve is desired, add the fruit to the sirup and heat it only until it bubbles; then set it away in a covered enamel preserving-kettle for several hours, or over night. Then continue the cooking. In this way, more sirup is absorbed by the fruit. If the amount of extra work entailed is not too exacting, the heating and cooling process may be repeated several times. Pears, peaches, green tomatoes, whole tomatoes, crabapples, citron and melon-rind are especially adapted to plumping. Fruit to be candied should be plumped.

Sealing—The best method of keeping preserves is to seal them in hot clean jars. If trouble has been experienced with molds, it may be desirable to hold the jars of preserves in steam or boiling water for ten minutes as an extra precaution against molds. All jars, rubbers, spoons and utensils that are to be used in placing preserves in the jars should be sterilized in boiling water.

route from the garden to the canner. It is imperative then to use only fresh sound vegetables, since changes are said to take place in vegetables when they are allowed to stand for a time in a warm place. Hence it is also necessary to prepare only a limited number of jars at one time, so that the product can be handled rapidly.

Caution in Using Home-Canned Foods

Because of possible danger from botulinus poisoning, it may be well to boil all home-canned vegetables for five minutes after the can is opened. This should be done even if the food is to be served cold in a salad.

1. When the cover is loosened, if there is an escape of air or liquid, it may indicate that gas has been formed by the spoiling of the food.
2. Smell the contents, but do not taste. A peculiar odor indicates spoiled food, and a single taste of food spoiled by botulinus is sometimes fatal.
3. The liquid should be clear, free from all clouded appearance.
4. The food should be firm and free from mold.
5. Do not take any chances. If there is any doubt as to the condition of the food discard it.
6. If the food is in good condition, do not pour off the liquid. Vegetable juices contain minerals and other valuable food substances and may be added to soups, gravies and sauces.

TIME-TABLE FOR CANNING WITH THE PRESSURE COOKER

(10 pounds pressure)

Vegetables	Time of Cooking—Minutes	Vegetables	Time of Cooking—Minutes
Asparagus	40	Pumpkin	60
Beans, string	40	Sauerkraut	40
Beans, shell or Lima	50	Spinach and other greens	40
Beets	40	Squash	40
Carrots	40	Succotash	50
Cauliflower	40	Tomatoes and corn, equal parts	50
Corn, whole grain	50	Meat	105
Corn, cream style	60	Fish	90
Parsnips	40		
Peas	40		

Fruits that May be Canned in Pressure Cooker

Pears, hard	15	Pineapple	45

TIME-TABLE FOR CANNING IN THE HOT-WATER BATH

The Following Foods are Most Suitable for Canning by this Process:

	Time of Cooking*—Minutes		Time of Cooking*—Minutes
Apples	20-30	Peppers	30
Apricots	16	Pineapples	120
Blackberries, dewberries	16	Plums	16
Cherries	16	Quinces	60
Elderberries	16	Raspberries	16
Fruit-juices	20	Rhubarb	16
Grapes	16	Sauerkraut	60
Huckleberries	16	Tomatoes	30
Peaches	20	Tomato-juice	20
Pears	20-30		

Acid Used with The Following Foods Helps to Insure Success and Safety. **(See page 660)**

Asparagus	90	Corn, whole grain	90
Beans, string	90	Okra	90
Beets	90	Peas	90
Carrots	90	Spinach and other greens	90

If the Hot-Water Bath, without Acid, Is Used for Canning the Following Foods, It Is Safer to Boil the Food After Opening the Can:

Asparagus	180	Greens, spinach, etc.	180
Beans, string	180	Okra	120
Beans, lima	180	Peas	180
Beets	120	Pumpkin	240
Carrots	120	Squash	180
Cauliflower	120	Vegetable combinations	180
Corn	180	Meat	300

* If a steam cooker is used, the time should be increased one-third the amount given for the hot-water bath.

For altitudes above 1,000 feet, it is said that the time of cooking should be increased 10 per cent. for each 500 feet.

SIRUPS FOR CANNING FRUITS

The thickness of sirup for canning fruits depends upon the kind of fruit with which it is to be used and upon the richness of the product desired.

SIRUP FOR PRESERVES

The amount of sugar used in making the sirup for preserves may vary with the tastes of the individual. About three-fourths pound of sugar and three-fourths cup of water to one pound of fruit is used for most fruits. For gooseberries and very tart fruits, a pound to pound proportion of sugar is required. Dissolve the sugar in the water and boil the sirup for five or ten minutes, according to the sweetness desired. If a very rich preserve is to be made, boil sirup until it spins a thread (230° F.), before adding the fruit.

BERRY PRESERVES

Follow recipe for strawberry preserves or sun-cooked preserves (pp. 671-672) for all berries except blackberries. Blackberries do not make satisfactory preserves, on account of the large hard seeds.

CHERRY PRESERVES

2 pounds sour cherries, weighed after stoning — 1½ pounds sugar

Add the sugar to the stoned cherries and bring them quickly to the boiling-point. Cook rapidly until the fruit is clear, skimming as necessary. Pour at once into clean hot jars and seal.

FIG PRESERVES

4 pounds fresh figs — 1 cup water
2 pounds sugar — 1 lemon

Wash and peel the figs. Slice the lemon. Boil the sugar and water together for ten minutes, then add the figs and lemon. Cook rapidly until the fruit is clear. Seal in clean hot jars.

PRESERVED GINGER

1 pound fresh ginger roots — 1½ cups water — 1 pound sugar

Scrub roots of fresh green ginger thoroughly, using a brush. Pare with a very sharp knife, and place the roots at once in cold water. Rinse well and place in fresh cold water. Let stand over night. Drain, weigh the ginger, place it in a preserving-kettle, and cover it with cold water. When the water is boiling, skim out the ginger and place it again in cold water. When

quite cool, return to the kettle, add more cold water, and when the water is boiling, skim out the ginger and lay in cold water, as before. Do this three times, or until the ginger is tender.

Boil the sugar and water together for ten minutes. Drain the ginger and add it to the sirup. Bring quickly to the boiling-point; remove from the heat and let it stand over night. Drain off the sirup, let it come to a boil and repeat the first process.

Drain off the sirup again, heat to boiling, add the ginger and simmer until clear. Pour into clean hot jars and seal. It will be ready to use in two weeks.

GOOSEBERRY PRESERVES

1 pound green gooseberries 1¼ pounds sugar

Stem the berries, remove the blossom end, and wash the fruit in cold water. Half cover the gooseberries with water and scald the fruit until the skins are soft. Add the sugar to the hot mixture. Bring quickly to the boiling-point and cook until clear. Seal at once in clean hot jars.

GRAPE PRESERVES

4 pounds Concord grapes
½ cup water to each pound fruit
½ pound of sugar for each pound of prepared fruit

Wash the grapes and press the pulp from the skins. (They are extra nice if seeded.) Boil the sugar and water ten minutes. Add the fruit and cook until the grapes are clear and the sirup is thick. Pour into hot clean jars and seal.

GREEN-GAGE PRESERVES

¾ pound sugar to each pound of fruit

Place the plums in a wire basket, immerse the basket in boiling water, and when the skins crack and loosen remove the plums from the water and peel them. Place a layer of the fruit in a large earthen jar, sprinkle it with some of the sugar, add another layer of fruit, and one of sugar, and when all is used set the jar aside until the next morning. In the morning, draw off the juice that has formed. Boil it for ten minutes, skimming it as the scum rises. Add the fruit, and cook rapidly

until the plums are clear and tender. Skim out the fruit, place on a large platter, and boil the sirup until it coats a spoon, draining into the kettle all that drains from the fruit on the platter. When thick enough, return the fruit to the sirup and bring to a boil. Pour into clean hot jars and seal.

PEACH PRESERVES

¾ pound sugar and ¾ cup of water to each pound of prepared fruit

Cling-stone peaches are better than free-stone, for they keep their shape better. Wash, peel, and remove the stones if desired. If the stones are to be removed, cut the peaches in quarters. Boil the sugar and water for ten minutes. Skim, add the fruit and cook rapidly until it is transparent. Seal in clean hot jars.

PINEAPPLE PRESERVES

¾ pound sugar to each pound of prepared fruit

Pare the pineapple, and with a sharp, pointed knife extract the eyes; then with a silver fork tear the fruit off the core in pieces of moderate size. Weigh the pulp, then place it in a preserving-kettle and partly cover it with water. Cover the kettle closely. Cook until the pineapple is tender. Then drain the pineapple from the water and add the sugar to the water, and cook together until the sirup is thick enough to coat a spoon. Return the fruit to the sirup and cook rapidly until clear. Pour into clean hot jars and seal.

PLUM PRESERVES

6 pounds fruit 4½ pounds sugar 1 cup water

Select small purple plums and be sure they are sound and not overripe. Remove the stems, wash the fruit, and pierce each plum with a fork. Place the plums in an earthen bowl or jar, cover them with the sugar and add the water. Cover the bowl and set in a cool place over night. Drain the plums, and boil the juice for five minutes. Add the plums and cook until clear. This will take only a few minutes, and care should be taken not to overcook, as the sirup thickens or jellies after standing. Pour into hot, clean jars and seal.

QUINCE PRESERVES

3 quarts sugar 3 cups water 4 quarts prepared fruit

Never cook quinces in sirup before steaming or boiling them in water until tender, as sugar hardens the uncooked fruit.

Scrub the quinces with a stiff brush, wash, pare, core, and quarter, dropping the pieces into cold water to prevent discoloration. Save all the good parings and cores for jelly. Measure the prepared fruit, put it into a preserving-kettle, cover with cold water and cook until the fruit is soft, then skim out and drain. Save the water to be used with the parings, cores, and gnarly fruit for jelly.

Make a sirup of the sugar and water and boil for five minutes. Add the drained quince quarters and cook rapidly until the fruit is clear. Pour into clean, hot glasses and seal.

Many persons prefer quince preserves made with an equal measure of sweet apples or firm pears. The method of making is the same as for quinces alone.

STRAWBERRY PRESERVES

4 pounds berries 3 pounds sugar

Pick over, wash, and hull the berries. Add the sugar to the strawberries, and heat gently until the sugar dissolves and the juice is drawn from the berries. Cook rapidly until the fruit is plump and transparent and the sirup thick. Pack carefully in clean, hot jars and seal. All berries except blackberries may be made into preserves by this method. (See also Sun Cooked Preserves below.)

EIGHT-MINUTE STRAWBERRY PRESERVES

Select large firm berries of deep-red color. Wash and remove the hulls. Weigh the berries and add an equal weight of sugar. Mix the berries with the sugar, using a wooden spoon and lifting the berries gently to avoid crushing them. Place the berries and sugar at once over the fire. Bring them to the boiling-point as soon as possible and boil rapidly for eight minutes. Seal in clean hot jars. By this method the berries keep their shape and the finished product has a clear, rich color.

SUN-COOKED PRESERVES

Small fruits like strawberries, raspberries, and currants can be preserved by this process. Wash the fruit, drain thoroughly, pick over and stem, then weigh it. For each pound of fruit, allow one pound of sugar and one cup of water. Add the water to the sugar and cook until the sirup spins a thread. Remove the sirup from the fire. Add the fruit and let it remain in the sirup over night. With a skimmer remove the fruit from the sirup, and lay it on platters or flat dishes. Cook the sirup again until it threads. Pour the hot sirup over the berries, cover the platter with cheese-cloth or glass and place in the direct sunlight. A glass cover hastens the process. Allow the fruit to stand three or four days in the sunshine, or until the sirup is thick and jelly-like in consistency. Pack in clean jars and seal.

TOMATO PRESERVES

1 pound small, yellow tomatoes
1 lemon
¾ pound sugar

Select the small yellow tomatoes that are about the size of small plums. Pour boiling water over them and cover tightly for two minutes, then quickly drain and cover with cold water. This will loosen the skins. Peel the tomatoes, being careful not to break them. If any are found with the skins still unloosened, treat them again with boiling water. Place the sugar and tomatoes in a crock or enamel bowl and let stand over night. Drain off the juice and boil rapidly until it threads. Add the tomatoes and the thinly sliced lemon. Cook until clear and thick. Seal in clean hot jars.

GREEN TOMATO PRESERVES

8 pounds green tomatoes
6 pounds sugar
1 tablespoon preserved ginger
6 lemons

Wash the tomatoes, remove any dark parts about the stems, and weigh them. Cover them with boiling water, let them stand five minutes, drain and slice them into a preserving-kettle, placing a layer of the tomatoes, then a layer of sliced lemon, then the sugar with the ginger sprinkled over it. Let the mixture stand over night. Drain and boil the sirup for ten minutes.

Skim, add the tomatoes and cook rapidly until they are clear. Pour into clean, hot jars and seal.

Jams

Jam is made from whole small fruits which are either mashed or cooked to a pulp with sugar. Good jam is soft, tender and jelly-like in texture, bright and sparkling in color and of the same consistency throughout the mixture.

Some Underripe Fruit Desirable—Portions of fruit left from canning, or broken fruit, may be used for jam, but at least a portion of the fruit should be underripe. Overripe fruit lacks pectin and some pectin, a jellying substance, is necessary for good jam.

Cook the Fruit Before Adding Sugar—In order to develop the pectin substance, the fruit should be cooked for a few minutes before the sugar is added. If the fruit does not have sufficient juice, add just enough water to keep it from burning and cook it in a covered kettle.

Not too Much Sugar—The best jam is made by using not more than three-fourths pound of sugar to each pound of fruit.

Cook Quickly and Not too Long—After the sugar is added to the fruit, continue the cooking quickly until the jam gives a jelly-like appearance. It should hang in sheets from the spoon or set quickly if a portion is dropped on a cool plate. It should be tender and jelly-like, not thick and tough. Jam thickens on cooling, and an allowance must be made for this or the jam will be overcooked. Overcooking also darkens the product. It is better to make a small amount of jam at a time. Use enamel or porcelain cooking utensils, if possible.

Stir to Prevent Burning—Jam is a highly concentrated mass and will burn quickly unless it is stirred from the bottom. Use a wooden spoon and lift the mass from the bottom. It is better to cook jam briskly and watch it carefully for twenty or thirty minutes than to let it simmer for hours.

Seal in Hot, Clean Jars—Jams, like preserves, are safer from molds if they are sealed in hot, clean jars.

BLACKBERRY JAM

Mash the berries, cook them in their own juice until they are thoroughly heated, then press them through a sieve to remove

the seeds, which are objectionably large. Measure this pulp and liquid, and for every pint allow one cup of sugar. Add the sugar to the pulp, and cook rapidly until thick, stirring frequently. Pack in clean, hot jars and seal.

FIG JAM

1⅓ cups sugar to 1 pint of stewed figs

Select soft, ripe, white figs, remove the stems and peel. Mash, add just enough water to prevent scorching and cook until they are soft. Add sugar and cook rapidly until the mixture is thick and amber colored with a shiny surface.

RASPBERRY AND CURRANT JAM

1 pound red raspberries ¼ cup currant-juice ¾ pound sugar

Mash the fruit, add the currant-juice, and bring to the boiling-point, stirring well from the bottom. Add the sugar and cook until thick, stirring occasionally. Pack in clean hot jars and seal.

STRAWBERRY JAM

¾ pound sugar to 1 pound hulled berries

Pick over the berries and remove the hulls. Put the fruit on the fire alone, mashing it as it heats; a wooden potato-masher is best for the purpose. Bring the fruit to a boil, stirring almost constantly and crushing any berries that may remain whole. Add the sugar to the fruit and boil together until thick (not over twenty minutes), stirring well to prevent burning. Pack in clean hot jars and seal.

GOOSEBERRY JAM

Follow directions for strawberry jam, but boil the fruit alone until the skins are soft, then add the sugar and boil until the mixture is thick. Avoid too long cooking, as the juice will thicken on standing.

GRAPE JAM

Stem the grapes, wash, and press the pulp from the skins. Place the pulp in a kettle, cook until soft, then rub through a sieve to remove the seeds. Cook the skins until soft in just

enough water to cover. Combine the two mixtures and boil for five minutes. Measure and allow one cup of sugar to every pint of fruit. Cook until thick, which will take but a few minutes. Pack in clean hot jars and seal.

PEACH JAM

5 pounds peaches 1 cup water 3 pounds sugar

Choose good peaches that are not firm enough for canning. Remove the stones and cut in slices. Put the water in the preserving-kettle and add the peaches. Cover and cook until soft, stirring to prevent sticking. Add the sugar and cook until thick and jelly-like. Pack in clean, hot jars and seal.

RED RASPBERRY JAM

Pick over the berries and wash them carefully. Weigh, and to each pound of fruit allow three-fourths pound of sugar. Heat the berries gently in a preserving-kettle. When the juice starts, mash with a wooden potato-masher. Add the sugar and cook rapidly until thick and clear. Seal in clean hot jars.

Marmalades

Marmalades are usually made from fruits which have some jelly-making properties, that is, in which both pectin and acid are present. Thin slices of fruit are used and the product shows a clear jelly or jelly-like sirup in which the sliced or cut fruit is suspended. If a fruit is used which lacks these jellying properties, they are often supplied by adding sliced orange or lemon or by using some tart apple-juice.

Marmalades are prepared in the same way as jams, except that the fruit remains in thin slices or cut portions and is not mashed. They should be clear and sparkling in color.

ORANGE MARMALADE

12 thin-skinned oranges 3 lemons

Wash the fruit and slice it as thin as paper, or grind it fine. For each quart of fruit, add one and one-half quarts of water and let the mixture stand over night. In the morning cook it slowly until tender, from two to two and one-half hours.

Measure the cooked fruit and add an equal amount of sugar. Cook the mixture until it jellies from a spoon (thirty to sixty minutes). Pour it into clean, hot jars and when it is cold, cover it with hot paraffin.

CARROT AND ORANGE MARMALADE

6 carrots
3 oranges
1 lemon
Sugar

Dice the carrots and cook them until they are tender, in as little water as possible. Slice the oranges in thin pieces and add the juice and grated rind of the lemon. Measure the carrot and fruit, and add two-thirds as much sugar. Simmer the mixture until it is clear. Turn it into jelly glasses, and when it is cold, cover it with hot paraffin.

AMBER MARMALADE

1 grapefruit
1 orange
1 lemon
3½ quarts water
5 pounds sugar

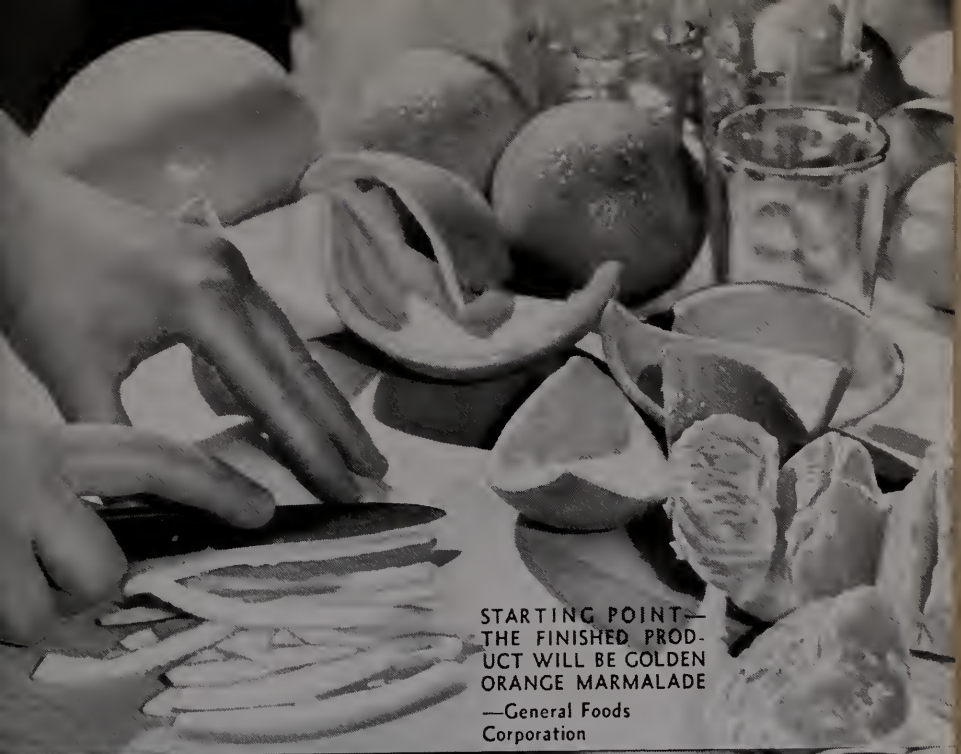
Wash and wipe the fruit. Cut in paper-thin slices, using a very sharp knife. Add the water and let stand over night. Cook until the peel is tender and let it stand over night. Add the sugar and cook until the sirup thickens slightly on a cold dish. Pour into clean jars and seal.

GRAPEFRUIT MARMALADE

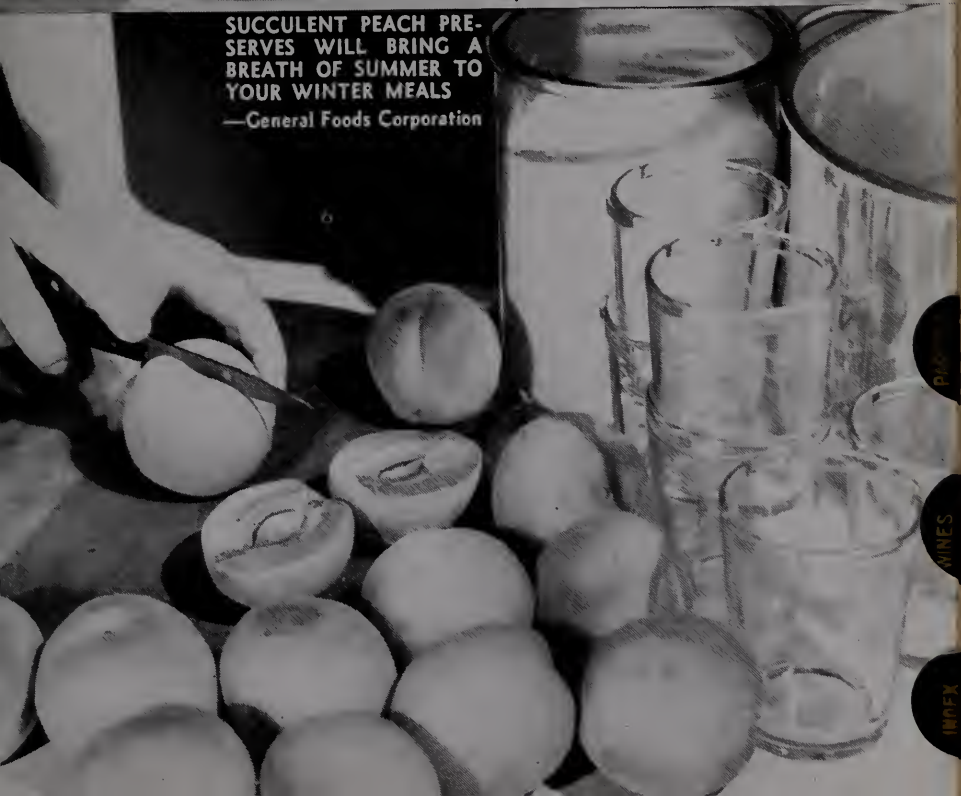
1 pound peeled grapefruit
1 quart water
¾ pound sugar
¼ pound grapefruit peel

Wash the fruit and remove the peel in uniform sections. Choose one-fourth pound of peel that is free from blemishes and cut it into thin slices. Cover with water, and boil for ten minutes. Drain, cover with boiling water, and repeat the process four or five times to remove the bitter flavor.

Weigh the pulp and slice it. Cover with the water and boil until very tender. Pour into a flannel jelly-bag, press until no more juice can be obtained, and filter the juice through another clean flannel jelly-bag without pressing. Pour the juice into the kettle, add the sliced peel, and the sugar, and boil rapidly until it reaches the jellying point.



STARTING POINT—THE FINISHED PRODUCT WILL BE GOLDEN ORANGE MARMALADE
—General Foods Corporation



SUCCULENT PEACH PRESERVES WILL BRING A BREATH OF SUMMER TO YOUR WINTER MEALS
—General Foods Corporation

FRUITS AND BERRIES ARE ALWAYS IN SEASON IF YOU PRESERVE THEM
—General Foods Corporation

QUINCE AND APPLE MARMALADE

Wash the quinces and remove the blossom end. Cut the fruit in small pieces, add sufficient water to cover it, and cook until it is soft. Rub it through a sieve, and combine the pulp with an equal measure of tart apple pulp. Use two-thirds as much sugar as pulp. Cook until it is thick and clear (about twenty-five minutes). Turn it into clean, hot glasses and when it is cold cover it with hot paraffin.

RHUBARB MARMALADE

Rhubarb for marmalade should be young and fresh. Cut it into inch lengths without peeling. Weigh it. Allow three-fourths pound of sugar to every pound of rhubarb. Place the sugar and rhubarb in a preserving-kettle, heat it very slowly and boil until thick and clear. Pack in clean hot jars and seal.

Conserves

Conserves, like marmalades, may be made of large or small fruits. They differ from marmalade in that several fruits may be combined and nuts may be added. In this way, it is possible to develop pleasing combinations of flavors and to combine fruits which have good acid or pectin content with fruits that lack these qualities. Conserves are made in the same way as marmalades. When nuts are used, they are added after all the cooking is done, as heat toughens the nut-meats.

CHERRY CONSERVE

3 pints pitted sour cherries
1 pint black raspberries
2⅔ cups sugar

Combine all the ingredients, and cook until thick and clear.

No. 1. CRANBERRY CONSERVE

1 quart cranberries
1 cup water
Juice of 1 orange
2⅔ cups sugar
½ pound walnut-meats

Wash the cranberries and cook them in the water until the berries burst. Add all the remaining ingredients except the nuts and cook until the mixture is thick. Break the nuts into

small pieces, add them to the cooked mixture, then pour it into hot, clean glasses and seal.

No. 2.

2 quarts cranberries
1 cup raisins
2 oranges
2 lemons
6 cups sugar

Combine the grated rind and juice of the oranges and lemons with the other ingredients and cook until the mixture is thick and clear. Pour into hot, clean glasses and seal. This is an excellent relish with game.

CURRANT CONSERVE

5 pints currants
6⅔ cups sugar
2 oranges
1 cup walnut-meats

Combine the grated rind and juice of the oranges with the currants and sugar and cook until the mixture is thick and clear. Add the nuts, pour into clean, hot glasses and seal.

GRAPE CONSERVE

2 pints grapes
2 oranges
1 cup seeded raisins
2⅔ cups sugar
1 cup walnut-meats

Wash, stem, and seed the grapes. Slice the oranges very thin, and add to the grapes. Add the raisins and sugar and cook until the mixture is transparent and thick. Add the chopped walnut-meats. Pack while hot in hot, clean jars and seal.

PINEAPPLE CONSERVE

1 quart pineapple pulp and juice
2 oranges
1 lemon
3 cups sugar

Pare the pineapples and put them through the food-chopper. Steam until tender. Add the sugar, grated rind and pulp of the oranges and lemons and cook the mixture rapidly until it is thick. Pour into glasses and seal.

PINEAPPLE AND RHUBARB CONSERVE

1 quart shredded pineapple
4 quarts rhubarb
2 oranges
3½ quarts sugar
1 cup nut-meats

Cook the pineapple in a covered kettle, with a small amount of water, until tender. Add the rhubarb, juice and grated rind of the oranges, and the sugar, and cook until thick. Add the chopped nuts and seal in clean, hot jars. This makes an excellent filling for sandwiches.

PLUM CONSERVE

2 quarts plums 5½ cups sugar 1 lemon

Wash and pit the plums. Add a small amount of water and cook in a covered kettle until the skins are soft. Add the sugar, and grated rind and juice of the lemon, and cook until the mixture is thick and clear. Pack into hot, clean glasses and seal.

Fruit Butters

Fruit butters are among the most wholesome of fruit sweets, as they contain a large amount of fruit to a small amount of sugar. In making butters, the whole fruit is cooked until tender and then rubbed through a sieve. Sugar is added, and spice if desired, and the mixture is cooked until it is smooth and thick. Like jam, it must be carefully watched and should not be overcooked.

GRAPE BUTTER

4 pounds grapes 1 pound sugar

Wash and stem the grapes. Cook in a small amount of water until the skins are soft. Press the pulp through a strainer, to remove seeds and skins. Add the sugar and cook until thick and clear. Pour into hot, clean glasses and seal.

PEACH BUTTER

2 quarts peach pulp 4 cups sugar 1 cup water

Pare, stone, slice and measure the fruit. Place it in the preserving-kettle with the water and heat it very slowly. When

it is soft, pass the peaches through a fine sieve, return the pulp to the fire, add the sugar, and cook until thick and clear. Pack in hot, clean jars and seal.

APPLE BUTTER

Wash the apples, and cut them in eighths. Cook them in a small amount of water until they are tender. Put them through a sieve. To each cup of pulp add four tablespoons of sugar and cook the mixture until it is thick. If the apples lack flavor, a small amount of lemon-juice and grated rind may be added. Pour into hot, clean glasses and seal.

APPLE AND PLUM BUTTER

Wash and cut the apples and the plums. Use about three times as many apples as plums. Cook them in a small amount of water until they are tender, then put the cooked fruit through a sieve. To each cup of fruit pulp, add one-third cup of sugar. Cook the butter until it is thick and clear. Pour into hot, clean glasses and seal.

COMBINATIONS OF FRUITS FOR CONSERVES, MARMALADES AND PRESERVES

1. One part peaches, three parts oranges, one part rhubarb, with nut-meats.
2. Equal parts peaches and plums, with nut-meats.
3. Two parts peaches, one part pineapple, one part rhubarb.
4. Equal parts peaches and apricots, with nut-meats.
5. Pears and ginger.
6. Two parts pears, one part orange, and one part pineapple.
7. Two pounds quinces, two oranges.
8. Equal parts grapes and crabapples, with nuts.
9. Equal parts plums and crabapples.
10. Apples with mint and nuts.
11. Two pounds figs, three pounds rhubarb, one lemon, one orange.
12. One part peaches, one part pineapple, one part white grapes with nuts.

CANDIED FRUITS AND FRUIT PASTES

See chapter on Candies, pages 514-516.

FRUIT JELLIES

Fruit-jelly is made by combining fruit-juices and sugar in the right proportions and under the right conditions. To be good for jelly, a fruit-juice must contain acid and a substance called pectin. Pectin is the essential jelly-making substance. Some fruits contain acid and pectin in proper proportions for making perfect jelly. With other fruit-juices either acid or pectin has to be supplied by some other fruit in order to make good jelly. A sour juice makes a more tender jelly than one that contains little acid. Without sufficient pectin the mass will not jelly.

The Best Fruits for Jelly Making

Among the fruit-juices that make good jelly when used alone are apple, crabapple, partly ripe grapes, currants, and slightly underripe red raspberries. Such fruits as strawberries, peaches, pears, pineapples and cherries do not make good jelly when used alone. Currant-juice may be used with an equal measure of rhubarb-juice, with good results in color, texture and flavor. The table on page 683 suggests good combinations of fruit-juices.

A perfect jelly is clear, bright and tender. When cut, it has a clean surface and does not stick to the knife or spoon. When turned from the glass, jelly should hold its shape and should quiver but not break.

How to Make Jelly

METHOD I

Look the fruit over carefully, and remove blossom ends or decayed parts. It is generally not necessary to remove the skins. Most fruits need to be cooked before the juice can be extracted. Juicy fruits should be cooked in a small amount of water. Such fruits as apples should be covered with water.

First Extraction of Juice—Cook the fruit until it is tender, turn it into a jelly-bag and allow the juice to drip through. If a clear jelly is desired, do not squeeze the bag. Squeezing gives a cloudy jelly.

Second and Third Extractions—A second and a third extraction may be made from such fruits as crabapples, apples, grapes, currants and quinces. Return the pulp to the preserving-kettle after the juice has dripped from it, cover it with water, heat it gradually and allow it to simmer for thirty minutes. At the end of that time, turn it into a jelly-bag and allow it to drip without squeezing. This juice is usually kept separate from the first extraction and made into jelly by itself. It has good taste but is not clear.

Tests for Pectin

In making jelly, it is necessary to know in general the proportion of pectin present, as on this depends not only the jellying of the mass but also the amount of sugar that will be required.

Epsom-Salts Test for Pectin—To one tablespoon of cooked fruit-juice, add one teaspoon sugar and one-half tablespoon Epsom salts. Stir the mixture until the salts have dissolved, and let it stand for twenty minutes. If the mixture forms a solid mass or large flocculent particles, the juice will make a satisfactory jelly without added pectin.

Quantity of Sugar

Probably many of the failures in jelly-making are caused by the addition of too much sugar. Currants, underripe grapes, green gooseberries, barberries, and wild apples are practically the only fruit-juices that require an equal measure of sugar. Two-thirds as much sugar as juice is a good proportion for most fruits; the table on next page gives the proportions of juices and sugar for different kinds of jelly.

FESTIVE FLAVORS

Apple and crab apple jelly take on a note of gaiety if flavored with a spray of the leaves of rose geranium, lemon verbena or fresh mint. Drop the sprigs into the boiling jelly just before it is finished and allow to cool with the jelly while pouring. The jelly glass can also be decorated by enclosing a flower. Use a wild rose or other simple flower. Wash, and with the petals damp press it to the bottom of the glass. Add a spoonful of the jelly, partly cool and allow it to solidify before filling the remainder of the glass.

PROPORTION OF SUGAR AND FRUIT JUICE FOR JELLY

	Amount of juice Cups	*Amount of sugar Cups*
Crabapple	1	⅔
Apple	1	⅔
Blackberry, Apple — combined in the following proportions	¾, ¼	1 ⅔
Currant	1	¾ to 1
Gooseberry (green)	1	1
Grape (underripe)	1	¾ to 1
Blueberry	1	⅔
Apple, Cherry — combined in the following proportions	½, ½	1 ⅔
Apple, Rhubarb — combined in the following proportions	½, ½	1 ⅔
Apple, Blueberry, Rhubarb — combined in the following proportions	⅓, ⅓, ⅓	1 ⅔
Apple, Black Raspberry — combined in the following proportions	½, ½	1 ⅔
Apple, Quince — combined in the following proportions	½, ½	1 ⅔
Apple, Pineapple — combined in the following proportions	½, ½	1 ⅔
Apple, Peach — combined in the following proportions	½, ½	1 ⅔
Apple, Strawberry — combined in the following proportions	½, ½	1 ⅔
Apple, Quince, Cranberry — combined in the following proportions	⅓, ⅓, ⅓	1 ¾
Apple, Blueberry — combined in the following proportions	½, ½	1 ¾

Cooking the Jelly

In general, not more than two quarts of jelly should be cooked at one time. The capacity of the preserving-kettle should be four or five times as great as the amount of juice to be cooked, as there is a tendency for the juice to boil over.

FROM FRESH FRUIT TO JUICY JELLY AND THIS IS HOW IT'S DONE

—General Foods Corporation

CLEAN WHITE PARAFFIN TO SEAL THE FLAVOR OF YOUR JELLY
—General Foods Corporation

JELLY JEWELS IN CUSTARD CUPS WRAPPED IN CELLOPHANE, FOR CHRISTMAS OR BON VOYAGE GIFTS
—Corning Glass Works

Measure the juice and boil it rapidly for five minutes, skimming it if necessary. Add the sugar and stir the juice until the sugar is dissolved. Heating the sugar seems to save no time, nor does it seem to improve the quality of the jelly. Cook the juice very rapidly, to obtain a bright, clear product; long, slow cooking gives a dull, dark jelly of inferior texture.

JELLY TEST—To test the jelly, take up a small amount of the juice in a spoon and allow it to drop from the side of the spoon. When the drops flow together and sheet from the spoon, the jelly is done and should be removed from the heat at once.

Sealing the Jelly

Pour the hot juice into clean, hot glasses, filling them to the top. The jelly shrinks as it cools and leaves a space for the paraffin. When the jelly is cold and has set, cover it with hot paraffin.

When Fruits Lack Sufficient Pectin

When a fruit-juice, or a combination of fruit-juices, does not contain enough pectin to make jelly, a concentrated form of ready-to-use pectin may be used. (See Method II.)

METHOD II

The ready-to-use pectins are very helpful in making jelly. It does not matter if the fruit is low in natural pectin, the pectin extract will jelly any fruit with which it is used. Hence, many fruits such as cherry, raspberry, peach, etc., which do not make a good jelly alone, can be used with concentrated pectin. This assurance of success recommends it to the woman who has never been a highly successful jelly-maker. Others prefer to use it because it is always ready; and also because the pectin extract has been subjected to much heat in preparation and is very concentrated, so that it is neither necessary nor wise to heat the fruit more than the few moments the directions advise. Unfortunately sometimes more heat is used than directed and consequently the pectin breaks down and the jelly is unsuccessful. Much the same thing happens when jelly made by the usual method is overcooked.

Since jellies or jams made with ready-to-use pectins require little cooking, there is little loss from evaporation and so larger quantities are obtained than when the natural pectin of the fruit is depended upon.

Several types of combined fruit-juices and pectin are now on the market for use in making quick jellies.

Directions for Using Concentrated Pectin

Ready-to-use pectins are highly concentrated. The directions given with the package should be carefully followed as these have been developed to give the most satisfactory results with the product. The proportions for their use are generally recommended as follows:

For Strawberry, Blackberry, Raspberry or Loganberry Jelly use 4 cups of fruit juice, 8 cups of sugar and 1 cup of pectin.

For Cherry, Peach or Pineapple Jelly use 3 cups juice, 6½ cups sugar, and 1 cup pectin.

For Elderberry Jelly use 3¼ cups juice, 8 cups sugar and 1 cup pectin.

To make these jellies, follow directions for extracting juice given under Method I, add the necessary amount of sugar to the juice, stir and bring the mixture to the boiling-point, add the pectin and boil vigorously for one minute. Remove the jelly from the heat, skim and pour it into hot glasses.

Special Recipes for Making Jelly

The directions for making jelly given on the previous pages may be used in making all jellies. Special directions are given for a few jellies of unusual characteristics.

In Using Commercial Ready-to-Use Pectin for making jellies, follow the directions on the package or those supplied by the manufacturer, as these have been developed to give satisfactory results.

BARBERRY JELLY

Gather the berries just before the first frost. Remove the stems, wash and measure the berries, and to every two quarts allow one pint of water. Cook until the berries are soft, take from the fire, drain, and measure the juice. To each cup of juice allow one cup of sugar, for barberries require more sugar than most fruits. Boil the juice for five minutes, add the sugar and cook until it meets the jelly test; then turn into hot, clean glasses. When cool cover with paraffin.

LOQUAT JELLY

Wash the loquats carefully, remove the blossom end, and cut the fruit in half. Put the fruit in a preserving-kettle and add water to cover. Cook gently till the loquats are tender. Strain and measure the juice. Bring to the boiling-point, boil five minutes, and add three-fourths of a cup of sugar for each cup of juice. Boil until the jelly point is reached, strain, and pour into hot clean glasses. When cool, cover with hot paraffin.

MINT JELLY

Wash the mint and chop it fine. To each cup of chopped mint add one-fourth cup sugar and one-fourth cup water and let it stand over night or for several hours. Place it over the heat and bring it to the boiling-point.

Make apple jelly, using two-thirds cup sugar to each cup of apple-juice. When the jelly test is observed, add green vegetable coloring and one or two tablespoons of the prepared mint for each quart of apple-juice.

QUINCE JELLY

Quinces require long cooking to become tender. They may be cooked in the fireless cooker or under steam pressure; in both cases they acquire a rich, dark red color. Quinces have too little acid and too much pectin to make a desirable jelly when the juice is used alone. An equal amount or twice as much tart apple improves the flavor. Equal parts of cranberry, quince, and apple-juice give a jelly of rich red color and delicious flavor.

Cut the quinces in small pieces, add sufficient water to float them and cook them until they are tender. Drain off the juice. Use two-thirds as much sugar as fruit-juice. Proceed according to the directions for making jelly. The pulp may be used for conserve or butter.

ROSELLE JELLY

2 cups roselle-juice 1½ cups sugar 2 teaspons lemon-juice

Wash roselles, cover them with water and cook until they are tender. Strain, measure the juice, boil it for five minutes, and add sugar and lemon-juice in the proportion given above. Cook until it sheets from the spoon. Skim, and pour into hot, clean glasses. When cool, cover with paraffin.

PICKLES AND RELISHES

WHEN foods are preserved with salt water or vinegar, the process is called pickling. Sweet pickles, sour pickles, and spiced pickles, either sweet or sour, are secured by varying the spices and seasoning.

Both fruits and vegetables may be pickled whole, or in halves, quarters, or slices. Cucumbers, tomatoes, onions, beets, carrots, cauliflower and cabbage, peaches, pears, crabapples and grapes are the vegetables and fruits most often preserved by pickling.

Preparing Food for Pickling

Clean vegetables carefully by scrubbing them in plenty of clear water. Then give them a preliminary soaking in a solution of salt and water—(one-eighth to one-fourth cup salt to one quart water)—for several hours or over night, or even for several days. Some vegetables must be parboiled in salt water before they are placed in the pickling solution. The salt draws the water from the tissues and makes them crisp and firm and better prepared to absorb the pickling solution.

Fruits need no preliminary treatment with salt and water. Prepare them as for canning and place them in the pickling solution.

Important Facts About Pickling

Use porcelain-lined, graniteware or aluminum kettles for cooking pickles. Use a granite or wooden spoon for stirring or lifting the pickles.

Too much salt toughens and shrivels the vegetables to be pickled. Too strong vinegar may bleach the vegetable or cause it to soften after it is pickled.

The best results are obtained if pickles are sealed in glass or stone jars.

Varieties of Pickles

SWEET PICKLES—Fruits, ripe cucumbers and melon-rinds are pickled in a sweet, spiced vinegar solution.

MIXED PICKLES—Various combinations of vegetables may be pickled together as mixed pickles.

Relishes—Vegetables chopped fine and pickled are called relishes.

Chow-Chow, Chili Sauce and Piccalilli are forms of relishes.

Chutney—A sweet pickle highly seasoned, made from a variety of chopped vegetables or vegetables and fruits, is called a chutney. Chutneys are served with cold meats, sausages or stews.

Catchup and Sauces—Many fruits and vegetables, especially tomatoes, are chopped fine, cooked in the pickling solution and strained to form a thick fluid or sauce.

Tomatoes, Peppers or other vegetables or fruits stuffed with various mixtures and pickled are popular in some sections.

Dill Pickles and Sauerkraut—In these two forms of pickle, vinegar is not used. The vegetable is allowed to ferment in a salt solution and the only acid present is the lactic acid formed by the action of the bacteria upon the sugar in the vegetable. In dill pickles, the dill is added for flavor. Plain salted cucumbers may be prepared in the same way without the dill. They are removed from the brine, soaked over night in cold water, and put in a pickling vinegar and prepared as needed.

SPICED VINEGAR

1 quart vinegar
1 pint sugar
1 tablespoon cinnamon
1 teaspoon allspice
1 tablespoon white mustard seed
1 teaspoon cloves
1 teaspoon salt

The spices may be used either whole or ground, as one prefers a clear or a dark pickle. If they are ground, they should be placed in a muslin bag and removed from the solution before the pickles are canned. If the pickle is one that is to be heated in the vinegar, the vinegar and spices are not previously heated. If the pickle is to be placed in the cans cold and the hot vinegar is to be poured over it, the solution is brought slowly to the boiling-point and then poured over the pickle.

PICKLED BEETS

Cook small beets until they are tender. Plunge them into cold water and slip off the skins. Cover them with spiced vinegar (recipe above), and simmer them for fifteen minutes.

Seal them in clean, hot jars. Golden wax beans, the stems of Swiss chard, or very small carrots may be pickled in the same way.

CUCUMBER PICKLES

100 cucumbers
Vinegar
1 ounce mustard seed
1 ounce cloves
2 teaspoons salt
1 cup sugar
2 red peppers

Use the smallest cucumbers you can procure, making two and one-half inches the limit of length. Put the spices in thin muslin bags, using at least two bags. Place the cucumbers in a kettle with enough good vinegar of medium strength to cover them. Place the bags of spices in the vinegar, together with the salt and sugar, and the peppers cut in rings. Heat the vinegar as slowly as possible; when it is scalding hot but not boiling, the pickles are ready to set away. If this recipe is carefully followed, satisfactory results will be obtained. If the vinegar boils, the pickles will soften.

RIPE CUCUMBER SWEET PICKLES

8 large ripe cucumbers
⅛ pound stick cinnamon
1 ounce whole cloves
3 pounds sugar
1½ pints vinegar

Pare the cucumbers, quarter and take out the seeds, then cut the quarters into medium-sized pieces. Scald in salted water (two tablespoons salt to one quart water), then drain and simmer in clear water until they are tender but firm. Drain well. Tie the spices in a bag and boil them with the vinegar and the sugar for five minutes. Pour this mixture over the cucumbers, cover the jar and set away. The next day pour off the sirup, boil for ten minutes and pour over the cucumbers again. Flavor is improved by repeating this process several times. Place the pickles in clean, hot jars and seal.

GREEN CUCUMBER SWEET PICKLES

No. 1.

Sweet cucumber pickles made by the following recipe will keep for several years without being sealed.

Choose very small cucumbers. Soak them in weak brine (two tablespoons salt to one quart water) over night. Next

morning remove the cucumbers, scald the brine and skim it, turn it over the pickles again and let them stand for two days. Repeat this process on the third morning and let the pickles stand two days longer. Then scald the brine each morning until the eighth day, removing the pickles and pouring the hot brine over them each time. On the eighth day, remove the pickles from the brine, cover them with spiced vinegar, heat thoroughly, and place them in clean, hot jars.

No. 2.

- 7 pounds cucumbers
- 1 ounce cinnamon
- 2 ounces cloves
- 1 tablespoon allspice
- 1 quart vinegar
- 3 pounds sugar

Pare, quarter and seed large cucumbers. Wash thoroughly, then soak for four days in salt and water (two tablespoons salt to one quart water), changing the brine every day. Put the spices in a bag. Boil the cucumbers with the vinegar, sugar and spice until the cucumbers are clear. It is best to watch carefully and remove each piece when it is clear. Pack in clean, hot jars and seal.

MUSTARD PICKLES

- 1 pint cucumbers, about 2 inches long
- 1 pint large cucumbers, sliced
- 1 pint pickling onions
- 1 cup string beans, cut diagonally in 1-inch pieces
- 1 pint small green tomatoes
- 1 pint cauliflower, cut in small pieces
- 3 red peppers, chopped
- 3 green peppers, chopped
- 1 cup small carrots, or sliced carrots halved or quartered
- 1¼ cups white sugar
- 4 tablespoons flour
- ½ tablespoon turmeric
- 1 teaspoon celery salt
- Vinegar
- 4 tablespoons powdered mustard

All the vegetables should be tender. Soak all the vegetables in brine (one cup salt to one gallon water) over night. Drain and soak them in clear water for three hours. Mix a sufficient amount of vinegar and water, in equal quantities, to cover the vegetables. Allow them to stand in this vinegar for one hour, then scald them in this liquid.

Make a dressing by mixing the sugar, flour, mustard, turmeric and celery salt and adding three pints of hot vinegar slowly, stirring to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens.

Drain the vegetables thoroughly. Pour the mustard dressing over them while they are hot, and simmer them for five minutes. Pack the pickle into hot, clean jars and seal.

DILL PICKLES

Choose cucumbers over five inches in length. Wash them well and pack them in earthenware jars or wooden casks. On each layer of cucumbers place a thin layer of dill, stalks, leaves and seed balls included. When all are packed in, cover them with a brine solution carrying forty per cent. salt (approximately two pounds salt to three quarts water). Place a layer of grape or horseradish leaves on top and weigh the whole down with a clean plate and stone. Two or three weeks will be required for curing.

SPANISH TOMATOES

24 green tomatoes, sliced
1 large onion
2 green peppers
¼ cup salt
1 tablespoon peppercorns
1 tablespoon mustard seed
1 cup brown sugar
2 quarts vinegar

Alternate layers of sliced tomatoes with layers of sliced onion and chopped green peppers, in a large crock, and sprinkle each layer with salt. Let stand twenty-four hours, then drain. Put the vegetables in a preserving-kettle, add the spices and sugar and cover with the vinegar. Cook gently for forty-five minutes. Pack in clean, hot jars and seal.

PICKLED ONIONS

Peel small onions until the white is reached. Scald in strong salted water (four tablespoons salt to one quart water), then drain. Pack in jars and sprinkle white mustard and pepper over the onions. Cover them with a boiling hot solution of vinegar. When cold, put in clean, cold jars and seal. One tablespoon of salad oil may be added to the top of the mixture.

PICKLED SWEET RED PEPPERS

Wash the outside of the peppers thoroughly and wipe them dry. Cut a slice from the stem end and remove the seeds. Cut into thin strips with the scissors, or into long ribbons, working

around and around the pepper. Scald well and then drop into ice-water to crisp them. Drain well. Make a sirup, using a proportion of one cup of sugar to two cups of vinegar. Put the peppers into clean, hot jars, fill to overflowing with hot sirup, and seal.

PEPPER MANGOES

Green peppers
Brine
1 quart chopped cabbage
1 tablespoon salt
1 tablespoon cloves
2 tablespoons white mustard seed
1 tablespoon cinnamon
1 cup sugar
Vinegar

Remove the stem ends of green peppers, carefully extract the seeds and midribs and lay the peppers in strongly salted water (one-half cup salt to two quarts water) for twenty-four hours. Chop the cabbage fine and add the salt, mustard seed, cloves, cinnamon and sugar, mixing them well. Drain the peppers, stuff them with the prepared cabbage, replace the pepper caps and tie them in position. Pack the peppers in a stone jar and cover them with strong cold vinegar. They will be ready to use in two or three weeks.

PICKLED SECKEL PEARS

7 pounds Seckel pears
1 pint vinegar
1 pint water
3½ pounds sugar
1 tablespoon cinnamon
1 tablespoon allspice
1 tablespoon cloves

Pare the fruit, remove the blossom end, but leave the stem on. Make a sirup of the vinegar, water, sugar and spice, boiled for five minutes. Add the fruit and cook until clear. Seal in hot, clean jars.

GINGER PEARS

5 pounds hard pears
3 cups water
5 pounds sugar
⅓ cup preserved ginger
3 lemons, juice and grated rind

Remove the skin and cores from the pears and cut the fruit in slices lengthwise. Add the water and cook until the pears are tender. Add the sugar, juice and grated rind of the lemons, the ginger cut in small pieces, and simmer the mixture until it is thick. Pour into clean, hot jars and seal.

PICKLED CITRON

2 pounds citron
2 pounds sugar
1 pint vinegar
1 pint water
1 lemon
1 tablespoon cinnamon
1 teaspoon cloves
1 teaspoon allspice

Pare the citrons, and cut in medium thin slices. Soak over night in salt water (two tablespoons salt to one quart water). Drain off the brine and cook the citron in clear water until it is tender. Add the citron to the hot pickling solution made from the vinegar, sugar and spices, and boil it rapidly until it becomes clear. Seal it in hot, clean jars.

SPICED CURRANTS

4 quarts currants
2 pounds white sugar
1 pint vinegar
1 teaspoon allspice
1 teaspoon cloves
2 teaspoons cinnamon

Stem the fruit, and wash it. Make a sirup of the sugar, vinegar and spices and boil for five minutes. Add the fruit and cook until the mixture is thick and clear. Seal in clean, hot jars.

SPICED PLUMS

4 quarts plums
3 pounds sugar
1 tablespoon ground cinnamon
1 pint vinegar
1 tablespoon cloves
1 tablespoon allspice

Make a sirup from the vinegar, sugar and spices. Boil for five minutes. Prick each plum with a fork and pour the boiling sirup over the fruit. Let the whole stand three days, then skim out the plums, boil down the sirup until quite thick, add the plums and heat to boiling. Seal in clean, hot jars.

PICKLED PEACHES OR PEARS

No. 1.

4 quarts peaches or pears
2 pounds white sugar
2 cups vinegar
½ ounce stick cinnamon
¼ ounce whole cloves

Dip the peaches quickly in hot water and remove the skins. Remove skins from the pears by paring. Boil the sugar, the

vinegar, and the cinnamon for twenty minutes. Place a few of the peaches at a time in the sirup, and cook them until they are tender. Pack them into clean jars, placing a few cloves in each jar. Adjust the rubbers, and fill each jar to overflowing with the hot sirup. Adjust the covers, and seal the jars immediately.

No. 2.

½ peck peaches or pears
2 pounds brown sugar
Cloves
1 pint vinegar
1 ounce stick cinnamon

Select large, firm peaches or pears and prepare as in preceding recipe. Make a sirup by boiling the brown sugar, vinegar and cinnamon together for five minutes. Stick two cloves in each fruit, put them into the sirup and cook until soft. This sirup is sufficient for a half peck of fruit, but it is better to put only half this quantity into the sirup at a time.

PICKLED WATERMELON RIND

2 pounds watermelon-rind
2 pounds sugar
1 pint vinegar
1 pint water
1 lemon, sliced thin
1 tablespoon cinnamon
1 teaspoon cloves
1 teaspoon allspice

Soak the watermelon-rind over night in salt water (one-fourth cup salt to one quart water). Drain off the brine. Cook the watermelon-rind in clear water until it is tender.

Make a hot pickling solution of the other ingredients, add the drained rind, and boil it rapidly until it becomes clear. The spices should be tied in bags and removed before the pickle is bottled. Seal it in clean, hot jars.

Green tomatoes, cut crosswise in thin slices, may be used instead of the watermelon-rind.

RED PEPPER RELISH

12 red peppers
12 green peppers
3 large onions
1 quart vinegar
2 cups sugar
1½ tablespoons salt

Split the peppers and remove the seeds. Chop the peppers coarsely, pour boiling water over them and let stand for five minutes. Drain, pour more boiling water over them, and let

stand ten minutes. Drain and add the chopped onions. Boil the vinegar, sugar, and salt for five minutes, and add all the other ingredients. Cook the mixture ten minutes after it has come to a boil. Pack in clean, hot glass jars.

QUICK CHRISTMAS RELISH

2 cups chopped, pickled beets
5 tablespoons horseradish
1 cup chopped red cabbage
Salt and pepper
Mustard
Vinegar from pickled beets

Mix beets, horseradish and cabbage. Moisten with the vinegar left from the pickled beets and season with salt and pepper, and a little dry mustard. Toss together and serve lightly piled in a mound.

DIXIE RELISH

1 pint chopped sweet green peppers
1 pint chopped sweet red peppers
1 quart chopped cabbage
1 pint white onions
2 tablespoons salt
4 tablespoons mustard seed
2 tablespoons celery seed
3 or 4 whole hot red peppers
¾ cup sugar
1 quart vinegar

Soak green and red peppers in brine for twenty-four hours, using one cup salt to one gallon water. Take from the brine and freshen in clear, cold water, from one to two hours. Drain well, cut open, remove seeds and white sections, and chop the peppers. Put cabbage and onions through the food-chopper separately and measure before mixing. Add chopped cabbage and onions to chopped peppers. Add salt, spices, whole peppers, sugar and vinegar. Let the mixture stand over night in a covered crock or enameled vessel. Drain, and heat the liquid. When hot add the other ingredients and cook for ten minutes. Seal in clean, hot jars.

CORN RELISH

18 ears sweet corn
1 small cabbage
1 cup chopped celery
4 onions
3 large green peppers
1 quart vinegar
2 cups brown sugar
½ cup salt
3 tablespoons mustard

Blanch the corn for two minutes and cut the kernels from the ear. Chop the cabbage, celery, onions and peppers. Com-

bine all the ingredients and cook until the vegetables are tender (twenty-five to thirty minutes). Seal in clean, hot jars.

BEET RELISH

1 quart chopped cabbage
1 quart chopped cooked beets
1 cup grated horseradish
2 cups vinegar
1 cup sugar
Salt

Combine the cabbage, beets and horseradish and season with salt. Scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until clear. Seal in clean, hot jars. This is particularly good with mutton.

PICCALILLI

No. 1.

1 peck green tomatoes
6 green peppers
6 onions
1 cup salt
1 cup horseradish
1 cup sugar
1 tablespoon cloves
1 tablespoon cinnamon
4 tablespoons allspice
Vinegar

Chop the tomatoes, peppers and onions very fine. Stir all together with the salt, and let the mixture stand over night. In the morning pour off the water, add the remaining ingredients and cover with vinegar. Cook slowly until tender, tasting at the last, and adding more salt if needed. Seal in clean, hot jars.

No. 2.

1 quart green tomatoes
1 head celery
2 sweet red peppers
2 sweet green peppers
2 large mild onions
1 small head cabbage
½ cup salt
3 cups vinegar
1 pound brown sugar
1 teaspoon mustard
1 teaspoon turmeric

Chop the vegetables, cover with salt, and let stand over night. In the morning, drain and press in a cloth to remove all the liquid possible. Add the vinegar, sugar, and spices and simmer until clear. Seal in clean, hot jars.

No. 1. CHOW-CHOW

- 4 quarts green tomatoes
- ¼ cup salt
- 6 small onions
- 1 pint cucumbers
- 1 green pepper
- 1 bunch celery
- 1 quart vinegar
- 1 cup brown or white sugar
- ½ teaspoon cinnamon
- ½ teaspoon ground allspice
- 1 tablespoon ground mustard

Chop the tomatoes, add the salt and mix. Let stand over night. Next morning drain the tomatoes and add the onions, cucumbers, pepper, and celery, chopped fine, the vinegar, sugar and spices. Put the mixture in an enamel kettle, and cook until clear. Stir well with a wooden spoon, pack in hot, clean jars and seal.

Ground spices make a dark pickle. Whole spices may be used; they should be tied in a cloth bag and removed before the pickles are sealed.

No. 2.

- 18 green tomatoes
- 8 cucumbers
- 5 dozen small green onions
- 1 pound green string-beans
- 1 cauliflower
- 1 bunch celery
- 3 chopped red peppers
- ½ cup salt
- 2 quarts vinegar
- 1 cup brown sugar
- 2 tablespoons turmeric powder
- 4 tablespoons mustard seed
- 1 tablespoon cloves
- 1 tablespoon pepper

Dice the tomatoes, celery, and cucumbers, skin the onions and remove the tops, cut the beans in small pieces and separate the cauliflower into flowerets. Put all the vegetables, including the chopped red peppers, into an earthenware crock or bowl and sprinkle with the salt. Let stand twenty-four hours, then drain off the liquid. Heat the vinegar with the sugar and spices to the boiling-point, add the vegetables and cook until they are tender. Pack the pickles in clean, hot jars and seal.

CHILI SAUCE

- 12 large ripe tomatoes
- 2 large onions
- 4 green peppers
- 2 tablespoons salt
- 2 tablespoons sugar
- 1 tablespoon cinnamon
- 2½ cups vinegar

Peel the tomatoes and onions and chop them fine. Chop the peppers very fine. Stir all together, and add salt, sugar,

cinnamon and vinegar. Boil for one hour, stirring well, and seal in clean, hot jars. This sauce gives a delicious zest to any sort of cold meat.

No. 1. TOMATO CHUTNEY

- 4 pounds ripe tomatoes
- 1 pound pared, chopped apples
- 3 onions, chopped fine
- 1 pint strong vinegar
- 2 tablespoons salt
- 2 cups brown sugar
- 1 cup seeded raisins
- 1 teaspoon cinnamon
- 1 teaspoon mustard
- ½ teaspoon cayenne

Chop the vegetables and then the apples. Combine the ingredients and cook until the chutney is thick and clear. Seal it in hot, clean jars.

No. 2—If a hotter, more highly flavored chutney is desired, add to the above recipe

- ½ teaspoon cayenne
- ½ teaspoon allspice
- 1 teaspoon cloves
- 2 teaspoons mustard
- 12 cloves garlic

CRANBERRY CATCHUP

- 2½ pounds cranberries
- Vinegar
- 2⅔ cups sugar
- 1 tablespoon cinnamon
- 1 teaspoon ground cloves

Wash and pick over the cranberries. Cover them with vinegar and cook until they burst. Force through a sieve. Add the other ingredients, return the mixture to the heat and simmer until thick. Seal in clean, hot jars. Serve as a relish with poultry or meat.

GRAPE CATCHUP

- 4 pounds grapes
- 2 pounds sugar
- 1 pint vinegar
- 2 teaspoons cloves
- 2 teaspoons allspice
- 2 tablespoons cinnamon

Wash the grapes and remove them from the stems. Place them in a pan and steam them without water, until they are soft. Put the fruit through a sieve, add the other ingredients, and simmer the mixture for twenty minutes. Seal it in clean, hot jars.

MUSHROOM CATCHUP

10 pounds mushrooms
½ cup salt
1 cup vinegar
Few grains cayenne
1 teaspoon ground allspice
1 teaspoon ground cloves
1 teaspoon horseradish
1 small onion, chopped

Take the freshly gathered mushrooms, wipe them carefully with a damp cloth, chop them and mix them thoroughly with the salt. Let them stand over night. Mash them, and to this pulp and juice add the chopped onion, spices and vinegar. Put in a kettle and boil slowly until thick. If desired, this catchup may be strained. If too thick, thin with vinegar. Seal in clean, hot jars.

COLD TOMATO CATCHUP

1 peck ripe tomatoes
1 pint vinegar
Salt
Cloves
Pepper
Garlic
Allspice

This is a recipe used in the kitchen of General Washington. Wash the tomatoes and force them through a wire sieve, then strain through a jelly-bag. The liquid is not used in the catchup.

Thin the pulp with the vinegar. Season with salt, pepper, garlic, allspice, and cloves. Bottle in sterilized containers and seal. This catchup retains the taste of the fresh tomatoes and is an excellent flavoring for soups and sauces.

OLD VIRGINIA CATCHUP

1 peck green tomatoes
½ peck white onions
3 ounces white mustard seed
1 ounce allspice
1 pound brown sugar
Salt
1 ounce cloves
½ cup dry mustard
¼ cup water
1 ounce black pepper
1 ounce celery seed
Vinegar

Chop the tomatoes and onions, sprinkle with salt, and let stand three hours. Drain well and put the pulp in a preserving-kettle with the other ingredients. Cover with vinegar, and boil slowly for one hour. Seal in clean, hot jars. Less mustard may be used if a less hot catchup is desired.

PICKLED HORSERADISH

1 cup grated horseradish
2 tablespoons white sugar
½ teaspoon salt
3 cups cold vinegar

To the grated horseradish add the sugar, salt and vinegar. Mix well and seal in clean, cold jars.

TOMATO PURÉE

1 gallon tomatoes
1 small onion, sliced
1 stalk celery or celery leaves
1 bay-leaf
2 teaspoons salt
¼ teaspoon paprika

Cook the mixture until the tomatoes are tender and put it through a strainer. Boil the pulp until it is reduced to one-half the original volume. Seal it in hot, clean jars.

The culls left from canning tomatoes may be made into soup or purée.

TOMATO PASTE

Spread thick tomato purée on dry plates or flat granite pans which have been brushed with unsalted fat. As soon as a film forms over the top, loosen the paste with a spatula, and turn it on to a screen covered with cheese-cloth. Dry it in the sun or a very slow oven. When it is so dry that it can be handled without sticking, roll it in paraffin paper, fold under the ends of the paper, and store it in a tin box or a glass jar.

The paste may be used for soup, sauces, scalloped dishes, etc. Soak it in cold water until it is soft, before adding it to any hot mixture. One teaspoon of the paste makes one cup of soup.

BRANDIED PEACHES

1 peck peaches, skinned
Sugar to half their weight
1 quart brandy

Alternate in stone jar, layers of peaches with sugar until filled. Add brandy. Cover closely, using cheesecloth or unbleached muslin under the jar cover. Can be used after 1 week. Keep in cool place.

CASSEROLE AND OVEN COOKERY

THE expression "en casserole" is sometimes misunderstood because the word "casserole" is used in two quite different ways by writers on domestic subjects. Properly speaking, a casserole is the coarse clay saucepan, so common in France, in which meats and vegetables are not only cooked but served on the table. In its other usage the word is applied to a case or mold of potato, rice or fried bread, inside of which is placed some preparation of meat or vegetables. The word in this case really signifies a border or croustade. Directions for using this second form of casserole will be found in the chapter on entrées.

Varieties of Casseroles

Casseroles of different sizes, shapes and materials, are convenient additions to the cooking equipment, and should be chosen with consideration for the needs of the family. They come in many sizes from the individual ramekin up to one that will hold two chickens. They may be had in various shapes—oval and round, shallow and deep. They are made in a variety of materials—glass, vitrified china, earthenware, iron and aluminum—and in a color-range that allows one to choose according to personal preference—brown, yellow, green, blue and mixtures.

Care of Casseroles

Casseroles will last indefinitely if properly treated. It is wise to avoid a sudden and great change in temperature, such as occurs when a casserole is taken from a hot oven and placed in a wet sink. It is not advisable to set a glass or earthenware casserole over a high flame without an asbestos mat under it. A new casserole may be tempered and made more tough by pouring cold water into and about it, and bringing it gradually to the boiling-point.

Advantages of Cooking in a Casserole

The Casserole Saves Dish-Washing, because it makes it possible to bring food to the table in the dish in which it was cooked. Frequently, also, it contains a "one-dish meal" which eliminates all but the one cooking dish.

The Casserole Makes it Possible to Use Left-Overs in attractive, palatable combinations, to cook tough meats tender, and to prepare vegetables in an almost unlimited variety of ways. Any vegetable may be boiled, steamed, baked, scalloped or creamed, and cabbage, cucumbers, eggplant, onions, peppers, potatoes or tomatoes may be stuffed and cooked in the casserole.

Food Cooked in this Way Needs Little Watching, it may be kept warm and still attractive if the meal is delayed, and there is no loss of vegetable or meat juices. These juices contain a valuable part of the food which is often thrown away, especially in the case of vegetables that are boiled.

A Whole Meal May be Cooking in the Oven in the casserole while the oven is being used for some other purpose, such as baking cookies. The cover of the casserole should fit well into the dish, so that it is practically airtight, a fact that should be borne in mind when the casserole is purchased. If the oven must be kept very hot for something else, set the casserole in a pan of water so that the food within will simmer, not boil. As the water becomes hot, take out part of it and add cool water to keep it at the desired temperature.

CHICKEN EN CASSEROLE

1 chicken
Butter, salad oil, or other fat
1 pint rich brown stock
12 button mushrooms
12 potato balls
1 carrot, sliced
6 small onions
Salt, pepper, paprika

Wash the chicken and cut it up. Sauté the pieces in a little fat until well browned on all sides. Place in a greased casserole, add brown stock, cover and cook in a slow to moderate oven (350° F.) for an hour.

When the chicken has been cooking for an hour, sauté the carrot slices, the potato balls, the onions and the mushrooms in a little fat, stirring them lightly around until they are well browned. Put these with the chicken in the casserole, season with salt, pepper and paprika, add more salt if needed, cover

and cook for three-fourths of an hour, then remove the cover and allow the chicken to brown before serving.

PIGEONS EN CASSEROLE

Pigeons or squabs
Bacon
3 tablespoons butter or other fat
1 Spanish onion
Veal broth or white stock
Vegetables, as desired
Flour

Clean and wash young pigeons and tie a strip of bacon around each one, or lard the breasts if preferred. Place the butter or other fat in a casserole, slice a mild Spanish onion over the fat, arrange the pigeons on the onion in the casserole, cover the casserole and set over a low heat with an asbestos mat under the casserole to protect it from direct heat and to insure slow cooking. Cook on top of the stove for fifteen minutes. Add enough veal broth or white stock to half cover the pigeons and set in the oven (350° F.) to cook until tender (2-2½ hrs.). When nearly done, vegetables may be added. At serving-time thicken the liquor in the casserole by stirring into it flour mixed smooth in a little water, allowing one tablespoon of flour for each cup of liquid.

STEAK EN CASSEROLE

3 tablespoons butter or other fat
3 tablespoons flour
2 cups stock
Salt
Parsley
Pepper
Turnip balls
Carrot balls
Potato balls
Small onions
2 pounds of 1½-inch steak

Make a brown sauce of the fat, flour, stock and seasoning. Add balls of turnip, carrot, potato and onions, which have been previously cooked in a little brown stock until tender. For each person, allow a half-dozen little balls of each of these vegetables and two small onions. Keep this sauce hot while you pan-broil the steak until about half done, then transfer steak to heated casserole, pour vegetables and sauce over steak, cover, and place in oven (350° F.) until steak is sufficiently cooked. When ready to serve, sprinkle the steak with finely chopped parsley.

CHOPPED BEEF EN CASSEROLE

2 pounds clod of beef
⅔ cup tomato catchup
⅓ teaspoon tabasco sauce
Boiled beets
Salt

Mix chopped beef with tomato catchup. Add tabasco sauce, using more if desired. Season well with salt. Place in casserole and bake (350° F.) slowly two to two and one-half hours, basting frequently with water and tabasco or Worcestershire sauce. A few strips of bacon across the top will add to the richness, and improve the flavor. Garnish with quartered beets.

TAMALE PIE EN CASSEROLE

1 cup yellow corn-meal
6 cups boiling water
1 teaspoon salt
1 medium-sized onion
2 tablespoons fat
2 cups chopped beef
2 cups tomatoes
2 pimientos
Cayenne

Cook corn-meal, water, and salt, as for mush, for about thirty minutes. Chop onion and fry in fat till brown. Add meat and fry until red color disappears. Add tomatoes, pimientos, and cayenne. Line oiled casserole with mush, put meat mixture in center, cover with mush, and bake in a moderate oven (350° F.; 2-2½ hrs.).

TURBANS OF FISH EN CASSEROLE

Prepare slices of halibut or other fish about the size of one's hand, with all bone and skin removed and sufficiently thin to roll easily. Trim all to uniform size, dip each in melted butter or other fat, squeeze over them lemon-juice and onion-juice, and sprinkle with salt. Beginning at the widest end, roll the slice of fish and secure with two toothpicks. Set the turban in a greased and heated casserole and pour in a little stock made by simmering the bones and trimmings of the fish in a little water, together with a few slices each of carrot and onion. Cook in a moderate oven (350° F.) basting occasionally. When done, drain off the liquid and thicken it with flour mixed with cold water. Return to the casserole, and reheat.

HUNGARIAN GOULASH EN CASSEROLE

4 onions
2 pounds veal
Bacon fat
1½ pints brown stock
Pepper
1 pint potato balls
12 small onions
1 cup carrot slices
1 cup turnip slices
Salt
Paprika

Slice the onion and cut the raw veal in cubes. Cook together in a little bacon fat, until brown. Transfer to casserole, pour over it the brown stock and season with pepper and paprika. Place in moderate oven (350° F.). Add more fat to that in the frying-pan and brown in this the potato balls, small onions, and slices of carrot and turnip. Add the vegetables and salt to the casserole when the meat is partly cooked. Finish the cooking, adding more stock if necessary. This dish should cook two hours. If the broth is too thin when ready to serve, thicken slightly with browned flour rubbed smooth in water.

LAMB EN CASSEROLE

6 slices of lamb
2 tablespoons melted butter or other fat
2 cups brown stock
1 pint vegetable balls
12 small onions
Seasoning

Cut thick slices from a leg of lamb and sear, browning both sides. Brush with melted fat and place in casserole with one-half to one cup of brown stock. Cook over heat or in a moderate oven (350° F.) until tender, then add potato balls, carrot balls and onions, which have been previously cooked. Add more brown stock, salt, pepper and paprika.

PORK CHOPS EN CASSEROLE

6 pork chops
6 sweet potatoes
Salt and pepper
½ cup brown sugar
1 to 2 cups milk

Place a layer of sweet potatoes, sliced crosswise, in a greased casserole, dust with salt, pepper, and a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat the milk and pour it over the potatoes; it should just cover them. Place the pork chops on top of the potatoes, cover and

bake (at 350° F.) for an hour, then remove the cover and season with salt and pepper. Leave the cover off and cook until the chops are tender and nicely browned on top.

Four tart apples, pared, cored and cut in eighths, used in place of the sweet potatoes, make an excellent casserole dish with pork chops.

CALF'S LIVER EN CASSEROLE

1 pound calf's liver
6 slices bacon
1 cup button mushrooms
3 cups potato balls
1 pint brown stock

Wash the calf's liver thoroughly and wipe dry. Fry some bacon in a pan, remove, place the liver in the bacon fat, and sear each side thoroughly. Transfer to a casserole, add slices of bacon, brown stock, and sautéd mushrooms. Cook for one hour and a half in the oven (350° F.) adding more stock if necessary. Just before serving add potato balls which have been fried in deep fat (395° F.) and drained.

CASSEROLE OF RICE AND LIVER

1 cup rice
1 quart water
2 tablespoons butter or other fat
1 pound lamb's or calf's liver
2 cups stock
1 teaspoon caramel
2 tablespoons browned flour
2 tablespoons fat
Crumbs
Salt and pepper

Boil the rice in the water and mash smooth with the fat. Season with salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides, and leaving a large hollow in the center. Set in a cold place until firm. Meanwhile boil the liver, drain, chop fine and season with salt. Heat the soup stock, seasoned with caramel (See Index). Make a brown sauce with the fat, browned flour and soup stock, and add the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and brown in the oven.

RICE EN CASSEROLE

2 cups chopped cold meat
3 eggs
⅓ cup milk
2 cups boiled rice
Celery-salt
2 tablespoons butter or other fat
2 tablespoons tomato catchup
Salt

Season the meat and pile it in the center of an oiled casserole. Mix the eggs, milk, rice, fat and seasonings. Pour over the meat, cover, and bake (350° F.) for twenty minutes.

SPANISH RICE

¾ cup rice
2 tablespoons fat
5 cups water
2 onions
2 cups tomatoes
½ cup chopped green pepper or pimientos
Salt
Pepper
Paprika

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Sauté the onions in a little fat; mix with tomatoes and chopped peppers or pimientos, and add to the rice. Add seasoning, and place in a greased casserole. Bake (350° F.) for thirty minutes.

RICE À LA CREOLE

1 cup chopped boiled ham
1 onion
1 cup boiled rice
1 can tomatoes
2 cups fine soft crumbs
2 tablespoons butter or other fat
Celery-salt
Pepper and salt

Mix ingredients in the order given. Bake in a greased casserole for one-half hour (350° F.). This dish makes a good one-dish meal.

SPAGHETTI, SPANISH MICHEL

2 cups spaghetti
1 quart tomatoes, fresh or canned
½ cup boiled ham
1 onion
1 green pepper
¼ teaspoon pepper
½ teaspoon salt

Break the spaghetti into inch pieces. Cook in one quart boiling water until tender, add the tomatoes, and cook fifteen

minutes longer. Remove the fat from the ham and try it out. Dice onion and green pepper, and fry slowly in this fat until tender. Chop the ham and add it with the onion, green pepper and seasoning to the spaghetti and tomatoes. Put in casserole and bake fifteen minutes in a moderate oven (350°-400° F.).

SCALLOPED HAM AND POTATOES

6 potatoes
1 pound raw smoked ham
3 cups milk (or more)
1 green pepper (may be omitted)
Flour

Cover the bottom of an oiled baking-dish with sliced, raw potatoes. Sprinkle with flour add inch-square pieces of ham. Repeat until the dish is full. Pour in as much milk as the dish will hold. Bake (350°-400° F.) until the potatoes are tender (1-1½ hrs.). Chopped green pepper adds to the flavor.

SUMMER CASSEROLE

6 hard-cooked eggs
3 ripe tomatoes
3 tablespoons butter or other fat
3 tablespoons flour
2 teaspoons salt
1½ cups milk
½ cup grated cheese
Buttered crumbs

Cut hard-cooked eggs in half and arrange around the edge of a greased casserole or baking-dish. Slice peeled ripe tomatoes in the center of the dish. Make a white sauce of the milk, fat and flour. Add cheese, and stir over a very low fire until the cheese is well mixed and smooth. Pour over tomatoes and eggs. Cover with crumbs and bake twenty minutes in a moderate oven (350°-400° F.).

The centers of the tomatoes may be scooped out, and a whole egg placed in each, if desired.

BANANAS EN CASSEROLE

6 small bananas
1 glass currant or grape jelly
1 cup boiling water
1 lemon

Peel the bananas. Remove the coarse threads and divide in quarters, cutting first crosswise and then lengthwise. Place in a greased casserole and pour over them a sauce made by melting the currant or grape jelly in the boiling water, and mixing with

it the juice of a lemon. Cover the casserole and bake in a hot oven (400°-450° F.) until the bananas are tender. The cover may be removed at the last moment and the bananas sprinkled with granulated sugar and allowed to brown slightly. Serve as an entrée with game, mutton, or beef.

AU GRATIN DISHES EN CASSEROLE

Au gratin dishes, many of which are given in this book, are particularly adapted to the casserole. The mixtures of chicken, sweetbreads, fish, macaroni and vegetables may be entirely prepared, then placed in the casserole, topped with buttered crumbs and cheese and placed in a hot oven (400°-450° F.) to brown.

Eggs Yorkshire—

½ cup fat
2 eggs, beaten
1 cup milk
1 cup pastry flour
1 teaspoon baking powder
½ teaspoon salt
4 hard or soft cooked eggs

Place casserole with fat in oven to melt. Remove fat to use in batter, leaving enough to grease casserole thoroughly. Return casserole to oven to heat. Beat eggs and milk thoroughly; add baking powder, flour, salt and fat and beat mixture until smooth. Cover bottom of casserole with layer of eggs (whole, halved, quartered or sliced). Pour in batter until casserole is about ⅔ full and place in hot oven (450° F.) for 15 minutes until mixture begins to expand and brown slightly, then reduce to 350° F. for 25 minutes. The batter should puff nicely during baking, making an attractive uneven broken surface. Serve at once from baking dish.

Salmon Casserole—

1 1-pound can salmon
⅓ cup milk
½ pound American cheese
2 cups prepared biscuit flour
¾ cup milk

Flake salmon in casserole. Melt cheese in top of a double boiler; add ⅓ cup milk while stirring. Pour over salmon. Mix biscuit flour and ¾ cup milk and make biscuits. Cut each in half and place around edge of casserole. Bake in hot oven (425° F.) until lightly browned.

COOKING FOR TWO

THE problem here is really more one of planning and marketing than of actual cooking. No roast leg of lamb or baked ham of course, no standing rib roast of beef, not often a whole watermelon. But it is possible to buy cuts of meat and to plan the other marketing so that to all intents and purposes these favorites may form part of the menu even for the smallest family. Moreover, many dishes which are too expensive to be served to a large and hungry family are often possible for a family of two.

Cooking Equipment for Two

It is impossible to cook small quantities satisfactorily in large dishes; so the first thing to do is to buy dishes and utensils of the right size. The following list is given as a suggestion.

A small casserole or a large ramekin for soufflés and casserole dishes, to be used either for the meat course or for baked puddings.

Individual ramekins and custard cups.

A small frying-pan for cooking eggs, bacon, etc.

A small baking-pan for roasting meat.

Small saucepans and kettles for vegetables and other boiled foods. The saucepans that fit together, two or three on a single burner, are especially good for the small family.

A deep pot of small diameter for deep fat frying and a wire strainer that will fit down inside it to be used as a frying basket.

A double boiler holding one quart.

Muffin pans in sets of six.

Layer cake and pie pans five or six inches in diameter.

A small square or oblong shallow pan for baking sheets of cake, ginger-bread, etc.

A small loaf pan for breads, loaf cakes and meat loaves.

A set of skewers for serving "en brochette."

A cup sized egg beater.

Small bowls.

An ice cream freezer either of the crank or vacuum type, holding from one pint to one quart.

The small ovens for use on top of the stove are very convenient for baking two or three potatoes or apples or a small dish of rice pudding, custard and similar desserts.

How to Modify Recipes

Most of the recipes in the American Woman's Cook Book are planned for six persons. Many of them can be cut down to one-half or one-third and made exactly as though the entire quantity were used. It is often more advantageous to cut the recipe in half rather than thirds, since it is sometimes harder to work with small amounts and there is relatively greater waste from food adhering to pans and spoons.

In Cooking Over Direct Fire or in the oven, the loss of moisture will be comparatively larger than in the larger quantity recipe, so a little more liquid may be used. This is true particularly in recipes that use cream sauces and in meat casseroles.

Recipes Including Eggs are more easily made if they can be divided to the one or two egg quantity. If less than one egg has to be used, there are two ways of doing it: Either use a very small egg or beat the egg slightly and divide it, keeping the unused portion for some other dish. It might be well to say, however, that a little more egg than the recipe calls for will not generally do any harm. So if you are not considering economy you will be safe in using a whole egg even though the rest of the ingredients are cut down.

With Yeast Dough it is advisable to use a larger quantity of yeast, proportionately, than would be used in the full recipe. For instance, if the recipe calls for one yeast cake, and you are cutting it down to one-third or one-half, it will be wise to use the whole yeast cake, or the greater part of it, in order to hasten the process. Those recipes which demand no kneading are easier than the kneaded ones to handle in small quantities.

For Soups, allow from one-half cup to one cup for each person, the amount depending upon the kind of soup you are making and whether you are serving it in cups or plates.

For Desserts, allow from one-half cup to three-quarters cup for each serving.

Of Creamed Dishes, vegetables, etc., about two-thirds cup is served, but an allowance for a second portion should be made.

To Use One Recipe in Different Ways

Often a full recipe can be made and used in different ways for several occasions.

The Recipe for Creamed Chicken, for instance, will provide enough for an au gratin oven dish.

A Rich Baking Powder Biscuit Dough will make shortcakes for one meal, toasted biscuits for another, and, if baked in a sheet and covered with cinnamon and sugar, coffee-cake for a third.

Pie Dough will make pies, tart shells for meat or dessert, cheese strips for soup or salad, and tiny jam turnovers for afternoon tea.

Cake Batter may be baked as loaves, layers, sheets or cup cakes, as cottage pudding, to be served hot with a sauce, or as a ring in which to serve fruit, jelly or a creamed dessert. A fruit cake mixture may be baked as fruit cake or steamed in small molds and served hot with sauce.

How to Use Left-Overs

The problem of cooking for two depends to a great extent for its solution upon the ability to use left-overs attractively at successive meals. In using this surplus food, it is important to supply whatever is lacking. If it is dry it needs to be moistened; if it is hard it needs to be softened; if it is not of any particular flavor it needs to be well seasoned or mixed with something that will give it a distinctive and appetizing taste.

Sometimes it is Well to Keep Your Left-Overs Uncooked. For instance, if you have a steak that is too large for one meal, because in order to have it appetizing you had to have it cut fairly thick, cut out the heart or tenderloin and broil it, keeping the rest for a fresh-meat casserole the next day.

Any Small Pieces of Uncooked Meat may be made attractive by broiling on the skewer or preparing as a mixed grill or a mixed fried dish. For any of these there need be only a few small pieces of meat with accessories such as half a dozen mushrooms, a few slices of potato, an onion or two, small cubes of egg-plant or turnip or other vegetables, a few curls of bacon or a tiny sausage or two. To cook "en brochette" dip the small pieces of meat and vegetable in melted butter and impale them on the skewer. Bacon and sausage of course need no butter.

Put the skewer on the broiling rack and broil, turning occasionally. For a mixed grill, any meat or vegetable that can be put under the broiler may be used. Slices of tomato, eggplant and pineapple give interesting variety.

Meats for Two

The following types of meat dishes are as easily served to two as to six:

Hamburg balls or steak	Chop suey
Lamb, mutton, veal or pork chops	Sausages
Liver	Scrapple
Kidneys	Dried beef
Sweetbreads	Sliced ham
Ox tails	Bacon
	Salt pork

Roasts—Instead of a large roast of beef, buy a thick steak, roll, tie and roast it in a very hot oven (450°-500° F.) for a short time. If even this is too large a roast, cut out the heart for roasting and keep the rest for a casserole dish.

For Lamb, Mutton and Veal Roasts, buy loin chops—as many as you require. Have the bones separated at the joints but do not have the meat cut through. Cook as a standing roast.

For Baked Ham, buy a one-inch thick slice of raw ham. Brown it on both sides in the frying-pan, then cover it with mustard, flour and sugar and stuff the top with cloves. Add a little water and cook, covered, in a moderate oven (350° F.) for an hour.

In Place of Stuffed Shoulder of Lamb, mutton or veal, buy a slice of the meat and spread it with any desired stuffing. Roll, with the stuffing inside. This may be browned first and then baked, or may be put immediately into the oven.

For Pot Roasts a one pound or two pound piece will be quite as satisfactory as a larger one, though it may require a little more watching while it is cooking.

Poultry—A whole turkey, of course, is out of the question, but poultry may be enjoyed in the shape of a broiling chicken or guinea chick, or squab and the smaller game birds, quail and grouse. These can be broiled, fried or baked. The pigeon is nice in a pie.

Fish

Whole Fish that will serve six or more persons are not a wise purchase for the small family. Either buy small fish, such as smelts, perch and butterfish, or a steak or fillet from one of the large fish—halibut, cod, haddock, salmon and the like.

Shell Fish are particularly well suited to the needs of the small family. It is possible to buy just the right amount of clams, oysters, shrimps, hard and soft-shelled crabs, and sometimes a lobster just large enough for two is procurable. Shad roe and frogs' legs are luxuries that are more often possible for the small family than for the large family.

Vegetables

The Large Vegetables will give left-overs that can be used in many ways. A small cabbage makes one nice salad, and, a few days later, one cooked dish. Winter squash can be used up in pies and custards. An egg-plant will give one-half for stuffing and baking and several slices for frying, with some, perhaps left to cook in Oriental style. Left-over cooked cauliflower may be served cold as a salad, or scalloped.

The Smaller Vegetables, fresh peas, beans, carrots, beets, potatoes, etc., can be bought and cooked in exactly the quantity required, though, as all of these are good for use in salads, it is generally wise to cook a little more than you need for one meal.

Spaghetti, Macaroni and Noodles are often served as a vegetable. These, of course, are easily managed if there are cooking utensils of the right size.

Soups

Any Creamed Vegetable Soup can be made in a pint quantity.

A Quart of Meat Stock can be made from the bones and trimmings of meat purchased for other cooking, and whatever is not needed for soup can be made into gravies and sauces for following days. A thickened meat stock containing small pieces of meat and plenty of diced vegetables makes a substantial dish.

Breads

ONE LOAF OF YEAST BREAD can be made at a time, and quickly, if the proportion of yeast is increased.

ANY BAKING POWDER MIXTURE can be mixed in the desired quantity, and almost any kind of loaf can be made with it—white, whole wheat, graham, oatmeal, bran, nut, raisin, etc. Baked in a small pan, these loaves will be used up before they are dry.

BISCUITS AND MUFFINS are the ideal home made bread for the small family.

PANCAKES AND WAFFLES are always possible, and may be served as breakfast or luncheon breads, as accompaniments to meat or chicken, or as a dessert, with fruit, honey, maple sirup or a sauce. With a table griddle or iron they can be cooked in the dining-room and served piping hot.

Cakes

A LAYER OR LOAF CAKE which can be consumed in one or two meals can be baked in small pans. Half of an average recipe will make two of these small layers as well as several cup cakes or a sheet which can be cut into squares and frosted or not as desired.

IF ROLLED COOKIES ARE TOO MUCH TROUBLE, use any recipe for drop cookies. These can be flattened out with a knife and made as thin as you wish.

Desserts

PUDDINGS—With individual custard cups or ramekins or with one large enough to serve two, practically any baked pudding is possible, and with these same molds, custards or any of the cold puddings are easily molded. The recipes need no change other than cutting them to the desired quantity. It is as easy to make one cup of custard or gelatin as it is to make a quart.

Most steamed puddings improve with keeping, so it is quite possible to make an entire recipe, steam it in small molds, and keep the extra ones for future need. They can be reheated in the top of a double boiler or in a pan, surrounded by water, in the oven. For strawberry shortcake of the old fashioned variety, cut the crust with a biscuit cutter and make individual

shortcakes. For a sweet shortcake, bake the batter in muffin pans. Cottage pudding, soufflés, and similar desserts may be baked in custard cups or ramekins and either turned out or served in the dish with or without sauce.

Pies—A small sized pan will make as good a pie as a large one. If an extra shell is baked at the same time as a two-crust pie, it can be kept for several days, then reheated to freshen it and filled with a custard, cream or lemon filling. Individual tart shells made with the muffin tins, or turnovers just large enough to serve one person make a variation in form.

Fruits

These offer little difficulty, since most of them come in individual portions. If you feel impelled to buy the large fruits, such as watermelon, honeydew and casaba melons, and pineapple, serve them in different ways so that they do not become tiresome before they are eaten up. From the pineapple make a fruit cup, a salad, an open tart, frosting for cake or a delicious sherbet or ice-cream. After the first slices of melon have been used, cut balls and allow them to stand in fruit juice. Serve, chilled, as a fruit cup. Watermelon can be used for a cooling sherbet or frappé and the other melons make interesting fruit salads.

Nuts

These should not be forgotten in planning meals for two. Chestnuts, for example, make a delicious vegetable with meat when boiled and buttered or creamed. Chestnut purée with sweetened whipped cream is an unusual and delicious dessert. Blanched walnuts are particularly nice in making many dishes and can be roasted with a little oil or butter and served hot and crisp with meat.

Canned and Packaged Goods for Two

Although it is easy to feed a family of two with home cooked fresh foods, as shown by the preceding suggestions, an acquaintance with the possibilities of canned and packaged goods is important to the manager of a very small household. This is particularly so in the case of one who does work outside her home, or who makes her home in a kitchenette apartment where space-saving is a major consideration.

Canned Vegetables eliminate the time-consuming operations of washing, scraping or paring, and simplify the problem of garbage disposal, which must always follow the preparation of fresh vegetables.

Fruits, Vegetables, Meats and Fish of many kinds come in cans of various sizes, so that it is possible to buy the size that best suits your requirements.

Ready-to-Mix piecrust, pancake, cake and pastry flours shorten the time and reduce the number of utensils needed for mixing pies, biscuits, pancakes, muffins and cakes.

Fruits and Nuts in Cans or Jars of suitable size are always ready for salads, desserts, appetizers and garnishes.

Condensed, Evaporated and Powdered Milk may be kept in small space and, if not kept too long before they are opened, do not require a refrigerator temperature, as fresh milk does.

Steamed Puddings, pie-fillings, ready-to-mix pudding ingredients, canned Welsh rarebit, chicken à la king, baked beans, spaghetti in savory sauces, soups of all varieties and countless other aids are at your service to help you serve varied and appetizing meals however limited your time or culinary space.

Types of Recipes Especially Suitable for Two

Appetizers
Soups
Broiled meats and fish
Shell fish
Soufflés
Croquettes
Patties
Creamed, scalloped and au gratin dishes
Cheese recipes
Egg dishes
Mushrooms in all ways
Entrées
Salads
Substantial sandwiches
Vegetables of all kinds
Quick breads
Fruit desserts
Gelatin and cream desserts
Cookies, gingerbread and small cakes
Tarts and turnovers
Recipes suggested in the chapter Cooking at the Table

COOKING AT THE TABLE

THE small table cookers of various kinds—grills, chafing-dishes, waffle irons, muffin irons, pancake griddles, toasters and coffee percolators—make informal entertaining a pleasure to the hostess as well as to the guests.

Meals cooked at the table must of course be simple. It is usually wise to confine a supper to one hot dish, with such accessories as bread and butter, toast, crackers or cold sandwiches, a hot drink or a cold drink or both. If something more elaborate is desirable, the meal may begin with a fruit cocktail or a simple salad and end with a dessert that is easily served. Relishes, such as celery and olives, are easily provided.

Suggestions for Table Cookery

It will help you to entertain successfully in this manner, if you will keep in mind the following suggestions:

1. PREPARE AHEAD OF TIME everything that can be prepared. Have the table spread with all that is needed in the way of china, silver and glass. Arrange the sandwiches, relishes and other cold accessories attractively and conveniently.

2. HAVE ON HAND EVERYTHING THAT IS TO BE USED in the hot dish, and have it prepared as far as it is possible to prepare it. Meat or fish or vegetables should be nicely diced, cheese grated, oysters drained, and eggs broken into a bowl, unless they are to be cooked separately, as in poaching or frying. Lack of preparation often results in tiresome delays and unappetizing confusion, but with everything in readiness the one hot dish is easily put together before the guests become tired of watching the process.

3. BE SURE THAT YOUR EQUIPMENT IS SUFFICIENT to provide for the needs of your guests. If you are giving a waffle party, do not invite more guests than your waffle iron will easily serve, so that no one need wait hungrily while others are eating. The same thing holds true with table grills and chafing-dishes. There should be enough creamed chicken or Welsh rabbit to serve everyone generously at the same time.

4. If Your Cookers are Electric, be sure that your wires are heavy enough to bear the load without blowing out a fuse. Unless you have special wiring and sturdy convenience outlets, it is safer not to attempt to use a grill or waffle iron plus a percolator on the same circuit. Plan to use first one and then the other, or you may melt a fuse when the meal is but half ready, leaving your guests hungry for that always indefinite period until it may be replaced.

Dishes That Are Especially Good for Table Cookery

BANANA SAUTÉ

1 tablespoon butter
3 bananas
Flour Sugar
3 to 6 slices sponge cake

Melt the butter in the blazer. Peel the bananas, cut in half lengthwise, roll lightly in flour and brown on both sides in the hot fat. Sprinkle with sugar and serve on oblongs of sponge cake.

CHICKEN HASH

1½ cups chopped chicken
1 cup diced boiled potatoes
2 tablespoons fat
1 tablespoon parsley
Salt Pepper
½ cup stock or water

Mix the chicken and the potatoes lightly together. Melt the fat in the blazer, add the potato and meat, parsley, seasoning and stock, and cook directly over the flame.

If desired, one-fourth cup of chopped green peppers may be added.

CRAB RAREBIT

1 tablespoon fat
2 tablespoons flour
2 cups cream
⅛ teaspoon soda
½ teaspoon salt
Pepper Parsley
1 to 2 cups crab meat, fresh or canned
2 tablespoons Parmesan cheese
Toast

Make a white sauce of the fat, flour, cream, soda and seasonings. Add chopped cooked crab meat (see page 221). Arrange squares of buttered toast on a hot platter. Pour the crab mixture over them, sprinkle with grated cheese and serve piping hot.

ENGLISH MONKEY

1 cup bread-crumbs
1 cup milk
1 tablespoon fat
½ cup mild American cheese
1 egg
½ teaspoon salt
¼ teaspoon pepper
Toast

Soak the bread-crumbs in the milk until they are soft. Melt the fat in the blazer. Add the cheese cut in dice. When the cheese has melted, add the softened crumbs, the egg beaten, and salt and pepper. Cook three minutes longer and pour over squares of toast.

GRILLED SARDINES

12 large sardines
1 tablespoon lemon-juice
6 pieces toast

Drain sardines and heat thoroughly in chafing-dish. Turn frequently; add lemon-juice and serve on finger-length pieces of toast.

OYSTERS À L'INDIENNE

1 pint oysters
Bacon
Cloves
2 tablespoons chutney sauce
2 tablespoons Worcestershire sauce
1 tablespoon minced parsley
6 olives
½ teaspoon paprika

Drain large oysters, wipe them dry, wrap each in a slice of bacon, fasten with a toothpick, and stick two cloves in each oyster. Put the oysters in the blazer and cook until the bacon is crisp and the oysters plump. Mix the chutney sauce, Worcestershire sauce, minced parsley, olives cut fine, and paprika. Pour over the oysters, stirring it thoroughly into the gravy. This recipe will serve three or four.

LOBSTER À LA NEWBURG

2 tablespoons butter
1 teaspoon flour
1 boiled lobster or 1 can of lobster
1 pint milk
3 egg-yolks
Salt
Cayenne

Place the butter in the blazer and stir it as it foams. Rub the flour into the butter, add the salt and pepper, then one-

half of the milk, stirring all of the time and being careful that the flame is not too hot. Beat the yolks of the eggs until frothy, add the remainder of the milk and stir into the roux. When the mass is of the consistency of cream, add the lobster, cut up coarsely, and, when thoroughly heated, serve. If using the fresh fish, prepare as directed (see page 218). Just before adding the lobster, rub the coral and the fat together and stir in.

Other dishes that lend themselves to this form of entertaining, as well as to the family breakfast or supper, will be found throughout the book under the following classifications. The index will supply page numbers for the recipes.

Creamed Dishes—Creamed Chicken, Creamed Oysters, Chicken à la King, Tunafish with Caper Sauce, Oysters with Mushrooms, Creamed Sweetbreads, Scotch Woodcock, Creamed Mushrooms, Curried Dishes.

Hot Sandwiches—Grilled Cheese, Grilled Tongue and Egg, Club, Turkish, Savory, Sardine and Toast.

Toast—Cream, Tomato Cream, Cinnamon, French.

Quick Breads—Griddle Cakes, Pancakes, Waffles.

Egg Dishes—Omelet (with any desired variation), Scrambled Eggs, Poached Eggs, Cuban Eggs, Spanish Eggs, Egg Fricassee.

Cheese Dishes—Welsh Rarebit, Cheese Fondue (on toast), Luncheon Cheese and Eggs.

Panned and Grilled Dishes—Panned Oysters, Little Pigs in Blankets, Rice Fan Tan, Peanut Butter Cutlets, Fried Tomatoes, Kedgeree, Hashed Brown Potatoes, Spanish Potatoes, Beef Hash à la Normandie.

Candies—Fudge (in any variation), Butterscotch, Maple Scotch, Peanut Brittle.

FOOD EQUIVALENTS

IN this list, the calculations are based on articles of medium size. These equivalents are not, of course, offered as exact, but merely as a guide for the housewife in estimating quantities.

Allspice (ground)—1 oz. = 4 tablespoons.
Almonds (shelled)—1 lb. = 2½ cups.
Apples (dried)—1 lb. = 5 cups. Double in bulk when cooked.
Apricots (dried)—1 lb. = about 3 cups. Double in bulk when cooked. (fresh)—1 lb. = about 6 apricots.
Bacon (medium strip)—1 lb. = about 30 full thin slices. (wide strip)—1 lb. = about 15 full thin slices.
Baking powder—1 oz. = 3 tablespoons.
Bananas—1 lb. = about 3 bananas.
Beans (dried)—1 lb. = about 2 cups. (fresh)—1 qt. will serve 6 persons. Lima (dried)—1 lb. = about 2⅓ cups. All dried bulk increases 2 to 3 times in cooking.
Beef (raw)—1 lb. (lean) when cooked serves 3 to 4.
Bread—1¼-lb. loaf = about 15 slices ½ inch thick. 2-lb. loaf = about 24 slices ½ inch thick. (sandwich)—1 loaf = 36 to 40 slices ¼ inch thick.
Butter—1 lb. = about 2 cups.
Celery Seed—1 oz. = 4 tablespoons.
Cheese (cottage)—1 lb. = 2 cups.
Cherries (candied)—1 lb. = about 120 cherries. (Maraschino)—1 qt. = 60 to 70 cherries.
Chocolate—1 lb. = 16 squares. 1 square grated = 5 tablespoons.
Cinnamon—1 oz. = 4 tablespoons.
Cloves (ground)—1 oz. = 4 tablespoons.
Cocoa—1 lb. = 4½ cups.
Coconut (shredded)—1 lb. = 6 cups.
Coffee (ground)—1 lb. = 5 cups.
Corn meal—1 lb. = 3 cups.
Cornstarch—1 lb. = 3 cups.
Crackers (graham)—1 lb. = about 40 crackers. (oyster)—1 lb. = 450 to 500 crackers. (saltine)—1 lb. = about 125 crackers. (soda)—1 lb. = 70 to 90 crackers.

Cranberries—1 lb. = about 4 cups. 1 bushel = 32 to 40 lbs.
Cream of Tartar—1 oz. = 3 tablespoons.
Currants (dried)—1 lb. = about 2⅔ cups.
Dates—1 lb. = 50 to 60 dates.
Egg whites—1 cup = 8 to 11 whites.
Egg yolks—1 cup = about 12 yolks.
Eggs (whole)—1 cup = 4 to 6 eggs. 1 lb. = 8 to 9 eggs.
Figs (pressed)—1 lb. = 25 to 30 figs.
Flour (graham)—1 lb. = about 4½ cups. (white)—1 lb. = about 4 cups.
Lard—1 lb. = 2 cups.
Lemons—1 lb. = 3 to 5 lemons. 1 cup lemon juice = 4 juicy lemons. 1 juicy lemon = 4 tablespoons of juice.
Mustard—1 oz. = 4 tablespoons.
Mustard Seed—1 oz. = 2½ tablespoons.
Nutmeg—1 nut, grated = 2¾ tablespoons.
Oats (rolled)—1 lb. = about 5½ cups.
Oatmeal—1 lb. = about 3 cups.
Oils—1 lb. = 2 cups.
Olives—1 qt. = 60 to 70 olives.
Peanut Butter—1 lb. = about 1¾ cups.
Peanuts (shelled)—1 lb. = about 2⅔ cups.
Peas (in pod)—1 lb. = 2 to 3 servings. 1 bushel = 60 lbs.
Pecans (shelled)—1 lb. = 3 to 4 cups.
Pepper (whole)—1 oz. = 4 tablespoons. (black)—1 oz. = 4½ tablespoons.
Prunes—1 lb. = 20 to 80 prunes, average 40 to 60.
Raisins (seedless)—1 lb. = about 2⅔ cups.
Rice—1 lb. = 2 cups.
Salt—1 oz. = 1¾ tablespoons.
Soda—1 oz. = 2½ tablespoons.
Spinach—1 lb. = about 2½ quarts (uncooked). 1 lb. makes 3 to 4 servings.
Sugar (brown)—1 lb. = 2½ to 2¾ cups, depending on moisture. (granulated)—1 lb. = about 2 cups. (loaf)—1 lb. = 50 to 70 lumps. (powdered)—1 lb. = 2½ to 2¾ cups.
Tapioca—1 lb. = 2½ cups.
Tea—1 lb. = 6½ cups.
Vanilla (liquid)—1 oz. = 2 tablespoons.
Walnuts (shelled)—1 lb. = about 4 cups.

THE FRIENDS WHO HONOR US

For many families, the pleasant comings of friends and neighbors have no further purpose than warm interchange of plans and ideas over a cup of tea or coffee.

But some believe that life is lived with one's associates and that learning to know them simplifies business and professional as well as personal relationships. This does not mean that social life shall be stilted or rigid, even when formal—quite the contrary is usually the sought-after end. Clear thinking, honest motives and ease in management can develop a social life that is simple and charming.

The guest list must be carefully considered. When inviting persons for the purpose of introducing them to someone else, be sure that as far as can be discovered, there is no third person to inject a discordant note. One cannot take full responsibility for the emotional responses of all one's friends and acquaintances,

but some caution can and should be exercised. When entertaining a group of professionals it is well to have several professions represented so that conversation will be general and pleasant, and not turn to moot professional questions that may start a sharp debate.

Many families, too, see in their social life an opportunity to train their children in the social graces and amenities. This, of course, can be overdone if not carefully thought out. Many guests are not interested in children and some are annoyed by them. But family parties are always the logical and pleasant opportunity to give the youngsters their chance. In any case, children should be prepared for what is ahead of them. Being more at ease in their own minds about what may happen and what is expected of them, they are much less likely to "show off" or behave like the "enfant terrible." Being reminded of the uses of knife, fork, and napkin beforehand, too, and not reprimanded in the presence of others, will make for better behavior.

ENTERTAINING WITHOUT A MAID

Many women can manage almost any form of entertainment without the help of a maid. For most, however, there are distinct limits to what should be attempted for pleasant and dignified results. The disappearance of the dining room and the substitution of a bay or alcove in the living room has increased the ease of servantless entertaining at the table. Many small pieces of furniture are especially designed to add to the efficiency of the hostess and the comfort of her guests, such as the drop-leaf, gate-leg and butterfly tables, double-decked tea carts, muffin stands and butler's trays. The menu should be planned to avoid last minute activities on the part of the hostess. She should be free to greet and attend her guests. All the extra china and glass necessary should be on one of the small tables within the hostess' reach and china removed can be placed out of sight on the lower shelf of the table or the low butler's tray. Extra bread, butter, wafers, sauces and water are also on the auxiliary table. If arrangements are well planned, the hostess need not leave her chair until it is time to clear, and serve the dessert. At that time, too, the coffee can be started. The coffee service has previously been placed at a convenient spot in the living room, and the screen to be used for enclosing the table

when it has been left is at an easily accessible place. (See page 82.) As the guests leave the table for the living room, the hostess enters with the coffee while the host attends to placing the screen. By the time all have lighted a fresh cigarette, the coffee is being poured and the dining table has been forgotten.

BUFFET SERVICE

Until very recently the only buffet was an informal type of service in which everyone served himself and his partner from a refectory table set against one side of the living or dining room. The table is spread with the best cloth and laid with the best china and silver if the occasion is formal, or with an informal cloth and pottery, copper, chrome and wood for a man's buffet or a sports party. Decorations are in keeping with the occasion and the appointments. Silver is laid in groups, plates are stacked and napery is laid in a tilted pile. Only one or two hot dishes are served and all the food is brought to the table at the beginning, except for necessary replenishing.

The currently popular buffet dinner is another way to manage a maidless dinner. Guests are seated at card tables placed in the living room or other open space, wherever they can be comfortably seated and served. The extended dining table is set much as for the usual buffet, except that it is away from the wall so guests may walk around it. The small tables are set for the usual four with a complete service at each place. If there are flowers or other decorations they should be very small and low. Small fruits in low bowls are effective. The large table, however, may be very elaborately adorned with both flowers and candles. Friends or members of the family may be asked to assist and the host should be occupied in seeing that everyone is seated comfortably. Sometimes older people, unacquainted with this form of service, become confused and need help. Second helpings, fresh water and butter are brought to the small tables by host, hostess or those assisting.

For more hilarious parties, still on the grown-up side, there are those in which each couple brings one course, the hostess providing the hot one and coffee. There is also the dinner at which all hands help. This takes some organizing to keep the guests from colliding and from clogging the kitchen, but if well planned, can be a great source of fun and not much more formal than a studio party.

More formal and peculiarly adapted to servantless entertaining is after-dinner coffee and liqueurs. Invitations are usually issued for "9 p. m. to Midnight" and since these parties are particularly popular among bachelors and professional people —physicians, newspaper people and musicians—guests arrive at their own convenient time. There is usually music from 10 to 11, giving the earlier arrivals an opportunity to have their coffee and conversation first and the latecomers to have theirs afterwards.

THE "RUMPUS" ROOM

The retirement of solid fuels from domestic consumption has resulted, in recent years, in the rearrangement of basement space to provide for the Rumpus room. This room takes many forms and is as variously equipped as there are types of basements and of household ideas. It ranges from the simple, cleared space allotted to children's indoor play to the elaborate, professionally decorated English Taproom. In many of the simpler types there are provisions for some sort of cooking, an electric grill or a fireplace before which corn may be popped, or chestnuts, wieners and marshmallows roasted. Without cooking equipment, food prepared in the kitchen is served here. All Rumpus room parties are of the most informal type and the menus planned should reflect this spirit. Picnic menus serve best: hamburgs and wieners on rolls, small steaks, chops and bacon, sandwiches, whole pickles, radishes, tomatoes, olives, deviled eggs, whole fruit, doughnuts and cider, beer, lemonade or ginger ale. If there is a fireplace, use it for the camp cookery children enjoy on hikes—potatoes, sweet potatoes, whole eggs or onions done in the hot ashes. Clever boys and their fathers will be able to manage more complicated things. The room is, of course, the ideal spot for taffy pulls and popcorn-ball parties of the oldsters' childhood. Entertainment takes the form of games.

COCKTAIL PARTIES

Another form of entertaining that lends itself to the maidless home is the cocktail party. Men and women living alone, as well as householders, find this a simple method of bringing their friends together in both small and large numbers. The larger the party, the more formal it is apt to be but this need not necessarily hold. A refectory table against the wall is the usual

setting but nothing is served that cannot be eaten with the fingers. No individual silver is necessary and only a tiny napkin is used. Drinks are the special province of the host. He will make up his own shopping list and often does his own buying. He will know the particular tastes and aversions of many of the guests (in a small party, of all of them) and guide himself accordingly. A woman alone will have a relative or friend act in this capacity. Likewise, a man entertaining alone may ask his sister or friend to attend to the menu. Served with the drinks are tiny and attractive open sandwiches, made of tart, smoked or spiced ingredients. Sweets are never used, except that in every group there are those who do not use spirituous liquors, for whatever reason. For them, there should be fruit juices, ginger ale, fruitades or whatever taste dictates. Then serve sweets. In addition there should be olives, small pickles, stuffed celery, carrot strips, potato chips in their various shapes or salted nuts. In cold weather hot hors d'oeuvres served with a toothpick are especially acceptable: small filled broiled mushrooms, broiled cocktail sausages with or without a bacon wrapping, broiled olives wrapped in bacon and many others. It is well to remember that all varnished furniture needs protection from the occasional careless guest. The foot of every stemmed glass should be provided with a jacket, and tall glasses equally well protected. Have plenty of coasters in addition.

OUTDOOR PARTIES

Interest in out-of-doors dining has long been evident in American families, somewhat colored by local facilities. When a lake and beach are available, then campfires, beach parties, fish fries and clambakes vie with picnics and steak fries. Many communities encourage these outdoor activities by providing picnic grounds and camp sites, often equipped with open-air fireplaces, tables, benches and other necessary facilities. Recently, however, many families have discovered that they may serve any meal out of doors on their own premises with very little effort and much pleasure. A screened-in porch, a level terrace, a planted back yard serves admirably or, if very fortunate, a garden planted and equipped as an outdoor living room. The handy man about the house or the local carpenter can build collapsible tables or hinged ones against the house wall, rush or picket screens and canvas-covered or wooden chairs, at little expense,

using waterproof materials and finish. Since this is a warm-weather arrangement, there need be little concern for hot dishes, but it adds to convenience if an electric outlet can be available for making coffee and toast and keeping such dishes hot while serving. There need be little change in the menu when food is served at home. For transporting some distance, elaborate menus and complicated dishes should be avoided; steaks, chops, wieners, bacon, broilers and hamburgs to broil over an open fire if available; rolls of the proper shape; potato, cabbage, coleslaw or other small vegetable salad; whole tomatoes, radishes, olives, carrots; whole fruits, cookies, cupcakes or doughnuts. Beverages such as coffee, milk, or chocolate are carried in thermos bottles or in their own containers if beer or canned fruit juices. An ample supply of paper plates, cups, napkins, etc., should be at hand and used to build the fire that disposes of all refuse at the end of the meal. Be very sure the fire is completely extinguished before you leave it.

FORMAL PARTIES

The Formal Dinner or Luncheon served by the household staff will be found thoroughly discussed on pages 64 to 82.

A LIST OF HERBS, SPICES, EXTRACTS AND FLAVORS

HERBS

BAY LEAVES—Flavor particularly good in practically all meat cooking; also in vegetable and meat soups and sauces.

BORAGE—Young tender leaves excellent for salad or pot herbs.

CHERVIL—Flavor like parsley but milder. Young leaves may be used in meat and vegetable soups, salads, and as a garnish. More attractive than parsley as a garnish but not as lasting. Used in a powdered combination called *Fines Herbes*.

DILL—Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL—Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish. Fresh leaves are valued by some people.

HOREHOUND—Used in candy making.

MARJORAM—May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

MINT—May be used fresh in salads, fruit beverages, jellies, conserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

PARSLEY—One of the most popular herbs, which may be used in many ways. A favorite garnish. May be used in fruit and vegetable salads, in sandwiches, in all soups and gravies, in meat sauces, minced and added just before serving to practically all vegetables, minced and added to white sauce.

PEPPER GRASS OR PEPPER CRESS—Excellent flavor. May be used in green salads and sandwiches.

SAFFRON—May be used to give pale yellow color to bread, cakes, and sauces, or to color confectionery. Has a pleasant flavor and good color.

SAGE—Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

A List of Herbs, Spices, Extracts and Flavors (Continued)

SAVORY—Agreeable flavor, blends well with other flavors; may be used in stuffings in meat, in vegetable soups, in sausage, with meats and with horseradish.

SORREL—Green. May be used in salads or as a pot herb.

SWEET BASIL—Distinct flavor of cloves. May be used for flavoring salads, soups and meats.

TARRAGON—Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

THYME—Leaves, green or dried, valuable for use in stuffings, sauces, soups and meats.

SEEDS

ALLSPICE—Sold whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

ANISE—Leaves are used for garnishing and for flavor. Oil is extracted from the seed and used as anise extract.

CARAWAY—Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

CARDAMOM—Flavor especially good in honey combinations.

CLOVES—Should be dark brown in color. Usually used with other spices. The combination gives a better flavor than cloves used alone. Too much gives an undesirable color as well as a bitter flavor.

CORIANDER—Both leaves and seeds are used. Leaves are used in salads, soups and curry sauces. The seeds are used for flavoring pastries and confections in about the same way as caraway seeds.

CURRY POWDER—A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

MACE—The inner envelope of nutmegs. May be used both in "blade" and ground form in soups, sauces, pastry, pickles.

MUSTARD—Young tender leaves are used for greens and for salad. Seeds are used as a ground spice in salad dressings, pickles, sauces, in some vegetable cookery, and in some cheese dishes. Made into a paste and served with meats.

NUTMEG—Sold whole or ground. Gives good flavor used alone in small amount in various soups, meat dishes, pastry and in all dough mixtures. In combination with other spices for pickles.

PAPRIKA—A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

PEPPERCORN—The whole berry of the pepper plant.

A List of Herbs, Spices, Extracts and Flavors (Continued)

Pepper, Black—Reduced to proper fineness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

Pepper, Cayenne—Usually obtained from small fruited varieties of capsicum. It should be of dull red color. May be used in very small amounts in vegetables and in some salad dressings and in cheese dishes. It must be used with care, however.

Pepper, White—Practically the same as black pepper except that the outer shell or pericarp of the berry is removed. Used where color of black pepper is undesirable.

Pepper, White Coriander—A product of especially attractive appearance screened to uniform size and bleached.

FLAVOR VEGETABLES

Celery—Every part of the plant can be used to advantage. Stalks and heart may be used raw, plain or with various fillings. Outer stalks may be stewed, scalloped, or used in combination to give flavor to other vegetables such as potatoes. Trimmings may be used for flavoring soups or in any cooked meat or vegetable dishes. Dried seeds may be used in pickles, soups and salads.

Chives—Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.

Garlic—Vegetable similar to a small onion but with the bulb divided into sections known as cloves. May be used in very small amounts in flavoring meats, soups, sauces, salads, pickles.

Horseradish—Valuable for its white, fleshy, pungent roots which are grated, mixed with vinegar and used as a condiment for meat, oysters, fish, sauces, and in some kinds of pickle. Young tender leaves may be used in salad or greens.

Mushrooms—Have a delicate characteristic flavor. May be used in meat or vegetable dishes, in sauces and soups.

Onion—Popular vegetable which combines in flavor with practically all vegetables, and some fruits—*e. g.*, apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

Peppers—All varieties of green peppers and some of the red peppers may be used to give flavor to most forms of vegetable cookery. The green peppers of mild flavor and thick-meated type are particularly good for stuffing and for salad.

Shallots—A mild onion flavor used in the same way as onions.

A List of Herbs, Spices, Extracts and Flavors (Concluded)

FLAVORINGS AND EXTRACTS

ALMOND EXTRACT—Used in cakes and confectionery.

VANILLA EXTRACT—Particularly good with all chocolate, cocoa, coconut, date, raisin and coffee combinations. Good in most milk combinations; *e. g.*, ice-creams and custards.

LEMON EXTRACT—Used in cakes, puddings, pies, ice-cream and candy. Sometimes used in combination with vanilla. Excellent flavor. Lemon should be more sparingly used than vanilla.

ROSE EXTRACT—Used in angel and other white cake; also in fancy candies.

ORANGE, PINEAPPLE, STRAWBERRY, RASPBERRY, CHERRY (extracts)—Used in desserts, beverages and candies.

WINTERGREEN, PEPPERMINT, GINGER, CINNAMON, CLOVE (extracts)—Used largely in beverages and confections.

FRUIT VINEGARS—Blackberry, currant, elderberry, etc., made by steeping the fruit in the vinegar. Used in beverages, ices, and sauces.

LEMON—Used instead of vinegar in salads and sauces when a milder acid is desired or when vinegar is objectionable. Used in beverages, hot or cold. Also in salads, conserves, marmalades, etc. Citric acid found in lemons, oranges and limes.

TOMATO JUICE—Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

VEGETABLE FLAVORINGS—For use in sauces, gravies, etc.

VINEGAR—Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

A LIST OF FOREIGN WORDS AND PHRASES

Often Used in Connection with Cooking

A LA, AU, AUX—Dressed in a certain style.
À L'ANCIENNE—In old style.
À LA BOURGEOISE—In family style.
À LA MODE—Literally, "in the fashion"; applied to ways of serving various dishes. For instance: "boeuf a la mode" is beef larded and pot roasted; "pie a la mode" is pie served with ice-cream.
ARTICHAUT—Artichoke.
ASPERGE—Asparagus.
AU GRATIN—Baked with a topping of crumbs, and often with grated cheese.
BISQUE—A rather thick soup, usually made from shell-fish; or an ice-cream containing finely chopped nuts.
BLANQUETTE—White meat in cream sauce that has been thickened with eggs.
BOMBE GLACÉE—A mold of ice-cream filled with a different kind of ice-cream or a water-ice.
BOUCHÉES—Small pastry shells or pepper cases filled with creamed meat or fish. The French word means "a mouthful."
CAFÉ AU LAIT—Coffee with milk.
CAFÉ NOIR—Black coffee.
CANARD—Duck.
CANAPÉ—A slice of bread, toasted or fried, spread with some highly flavored food and served as an appetizer.
CANNELON—Meat stuffed, rolled up and roasted or braised.
CAVIAR—The salted roe of the sturgeon.
CHAMPIGNONS—Mushrooms.
CHAUD-FROID—Literally hot-cold. In cooking, a jellied sauce.
CHOU—Cabbage.
CHOU-FLEUR—Cauliflower.
COMPOTE—A stew; often applied to fruits stewed in sirup.
CRÊME—Cream.
CROUSTADE—Case for creamed meat or fish, made of bread, rice, etc.
CROUTONS—Small cubes of fried or toasted bread served with soup.
DE, D'—Of.
DEMITASSE—Literally half a cup. Used to signify a small cup of black coffee generally taken at the close of a luncheon or dinner.

A List of Foreign Words and Phrases (Continued)

ÉCLAIR—A pastry or cake shell filled with whipped cream or custard.
EN BROCHETTE—Impaled on a skewer.
EN COQUILLES—In the shell.
ENTREES—Small made dishes served between the heavy courses at a formal dinner.
FARCI—Stuffed.
FILLETS—Long, thin pieces of boneless meat or fish.
FINES HERBES—Minced parsley, chives, chervil, etc.
FONDANT—Sugar, boiled and kneaded to a smooth creaminess. The basis of French candy.
FONDUE—Literally "melted"; usually applied to cheese, or a combination of cheese, eggs and crumbs.
FRAISES—Strawberries.
FRAPPÉ—Iced or semi-frozen.
FROMAGE—Cheese.
GÂTEAU—Cake.
GELÉE—Jelly.
GLACÉ—Frozen or glazed.
HARICOTS VERTS—Small green string beans.
HORS D'ŒUVRES—Side dishes or relishes. Usually served at the beginning of a meal.
HUÎTRES—Oysters.
JAMBON—Ham.
JARDINIÈRE—Mixed vegetables served in their own sauce.
JULIENNE—A clear vegetable soup, invented by Jean Julien in 1875, containing vegetables cut in matchlike strips.
LAITUE—Lettuce.
MACÉDOINE—A mixture; usually vegetables, with or without meat Sometimes applied to fruit mixtures.
MARRONS—Chestnuts.
MERINGUE—Whites of eggs whipped to a standing froth with sugar.
MOUSSE—Having a mossy texture. Applied to whipped cream that has been frozen without stirring and to certain hot dishes of smooth texture.
NOIR—Black.
PAIN—Bread.
PÂTÉ—Paste, patty.
PÂTÉ DE FOIE GRAS—A paste of goose livers.
PÂTISSERIE—Pastry.
PÊCHE—Peach.
PETITS POIS—Small green peas.
PIÈCE DE RÉSISTANCE—The main dish in a meal; the roast.
POIS—Peas.
POMMES—Apples.

POMMES DE TERRE—Potatoes. Literally, "apples of the earth."
POTAGE—Soup.
POULET—Chicken.
PURÉE—Ingredients rubbed through a sieve to make a thick soup; any thick paste, such as mashed potatoes.
RAGOUT—A thick, highly seasoned stew.
RÉCHAUFFÉ—Reheated or warmed-over.
RIS DE VEAU—Sweetbreads.
RISSOLES—Minced fish or meat rolled in thin pastry and fried.
RÔTI—Roast.
SALADE—Salad.
SORBET—Frozen punch. This name is often given to water-ice when several kinds of fruit are used.
SOUFFLÉ—Literally "puffed up." A delicate baked custard which may contain fruit, cheese, flaked fish, minced poultry, meat or vegetables.
TARTE—Tart.
TARTELETTE—A little tart.
TIMBALE—An unsweetened custard, usually seasoned with fish, meat or vegetables, baked in a mold.
TIMBALE CASE—A small case of fried batter in which creamed mixtures and desserts are served.
TOURTE—A tart; a pie.
TRUFFLES—A species of fungi, similar to mushrooms, growing in clusters some inches below the surface of the ground. Used in seasoning and for a garnish.
TUTTI-FRUTTI—Mixed fruits.
VELOUTÉ—Velvety; smooth.

WINE SEASONS FINE FOOD

WINE seasons fine food and kindles delight in dining adventures. Until we have ample time in which to train our palates, the nice distinctions between the great vintages must remain an occult problem, but our education and our pleasure can be increased immediately by a somewhat cursory survey of the accepted laws for the serving of wine and for its use in cookery.

The fermented juice of grapes is the base of all wines. Except for the so-called fortified wines, there are two main headings for imported and domestics alike—red and white. The white types vary from a pale beige to a deep amber; the red ones show an even greater color variation. The latter should grow slightly light with age. If a red wine does not do so, it has been toned up in its youth. White wines, on the contrary, gain body and grow more golden with the lapse of years.

This passage of time affects wine as it does humans, for wine is a living thing. It becomes sick; it recovers; it is affected by the seasons, by heat and cold; it grows old; it dies—all this even after it has been bottled.

The term "good year" (we quote a chart on the opposite page for important French wines) merely means that the balance of sun and moisture of that particular year was propitious to superlative wine. In general, it is wiser to buy a fair wine of a good year than a famous brand of a poor year.

For daily use, still wines are suggested. If you are serving a single wine, serve a white wine when your main dish is a fish or a light type of meat; to accompany beef, lamb, and the like, a red wine is advised. Claret is the customary red wine for frequent service.

Claret at its best comes from the Bordeaux district of France. In that district the vineyards are large enough to permit the owners to carry out all the processes of growing, pressing, bottling and storing on their own land. Hence their brand names—usually the names of their châteaux—are guarantees of uniform quality. Red Bordeaux are lighter than most other red wines.

White Bordeaux come from the same district and are, gener-

ally speaking, sweet wines. Sauternes and Graves are two famed classifications.

Burgundies come from a very small district extending southward from Dijon for some thirty-five miles. The upper portion produces the great red Burgundies; the southern portion supplies lighter kinds and the great white Burgundies. Bottling at the property is infrequent, for the holdings of a proprietor are small

VINTAGE CHART

YEAR	BORDEAUX RED (CLARET)	BORDEAUX WHITE	BURGUNDY RED AND WHITE	CÔTES DU RHÔNE	RHINE AND MOSELLE	CHAMPAGNE
1933	Great	Great (c)	Great	Great	Great	(?)
1932	Poor	Poor	Poor	Poor	Fair	Poor
1931	Fair	Good	Poor	Poor	Very good	Fair
1930	Poor	Poor	Fair (c)	Fair	Good	Fair
1929	Great	Great	Great	Great	Great	Very good
1928	Great (a)	Great	Great (a)	Great (a)	Very good	Great
1927	Poor	Good	Poor	Poor	Fair (c)	Poor
1926	Great	Very good	Great (a)	Great (a)	Poor	Great
1925	Fair	Fair	Poor	Fair	Good	Poor
1924	Great	Very good	Good	Good	Poor	Good
1923	Very good	Good	Great	Great (b)	Good	Very good
1922	Fair	Good	Poor	Fair	Poor	Poor
1921	Good	Great	Very good (b)	Good	Greatest	Great
1920	Great	Fair	Fair	Good	Good (c)	Very good
1919	Great	Good	Great	Great	Fair	Very good
1918	Fair	Good	Fair	Fair	Poor	Fair
1917	Good	Very good	Poor	Poor	Good	Great
1916	Very good	Good	Fair	Poor	Poor	Poor
1915	Fair	Fair	Great	Great	Good	Great

Courtesy of Bellows & Co., Inc., Wine Merchants, New York.

(a) For laying down.
(b) For immediate consumption.
(c) With certain exceptions.

and scattered. As a result Burgundies are commonly sold under the name of a township, and your greatest protection in their purchase is the reputation of the purveyor.

White Burgundies are dry, with one or two exceptions.

The term "dry" denotes a "less sweet" wine. Rieslings and Chablis, for example, are dryer than Barsac or Sauterne. However, there is no fixed standard of dryness for all Chablis or all Rieslings. It is a relative matter that varies not only with the type and brand but with the particular years of growth. Depend on your wine merchant for detailed advice.

In addition to Bordeaux and Burgundy, Anjou, Alsace, and the Rhone valley produce excellent French wines. The best German wines are white and should be chilled. Italian wines are heavier than either French or German, more heady. Nearly every country in Europe grows grapes and makes wine. Though France, Germany and Italy are the great wine exporting countries, the others ship their choicest varieties to the rest of the wine drinking world. Our domestic wines cannot be charted reliably as yet. We have some very fine vineyards and need only time to ripen our pressings and to establish uniform standards. Young wine is suitable for daily use, but fine wines must be ripened under expert supervision for eight or more years before they attain their full glory.

Fortified wines include sherry, madeira and port. Brandy has been added to the natural wine. This increase in alcoholic content prolongs their keeping qualities and permits storage in upright positions.

Champagne needs no introduction. By complicated processes, the wine is aerated and the corking and recorking is a momentous and difficult technique.

Wine Sequence (or Service Sequence)—Wines reverse the usual order of hospitality. Your most august wine should be accorded the last place if you are serving more than one kind. The theorists hold that your wine tasting ability is not toned up to a proper appreciation of the unrivaled grandeur of a fine wine at the beginning of a dinner.

Englishmen customarily serve sherry with clear soups but Frenchmen consider that the sherry is too vivid a wine to precede the dry white wine that accompanies the entree or fish.

Never serve a sweet wine before a dry one, nor a rich, fruity Burgundy before a claret.

In serving two wines, select a rather dry white wine to accompany your fish or entree and a red wine for your meat course.

In serving three wines, the following make the best combinations:

A. White, red, Champagne
B. White, red, white
C. White, red, red.

In the case of "B," the second white wine should be sweet. In the case of "C," the greater of the red wines comes second.

Champagne is served with the dessert if several wines are provided.

Liqueurs are served with coffee in the drawing room or in the dining room at the close of dinner. Cognac is the most popular. However, Benedictine, Cointreau, Chartreuse and Crème de Menthe have many devoted admirers. Englishmen often drink port at the close of dinner.

Italians and Frenchmen habitually dilute their ordinary red wine with water for a daily beverage. Never add ice or very icy water to wine, for the sudden chilling ruins its flavor.

The Amount to Serve—Wine is best appreciated when it is drunk in moderation, as a food, as a pleasure and not as a thirst quencher or stimulant. Plan a total allowance of a half bottle to each guest. Thus a table of eight will require two bottles of each of the principal wines or four bottles if you are serving only one variety. However if you are ending dinner with a sweet wine, a Chateau d'Yqem, for example, one bottle should be ample.

Though it is sometimes convenient to serve one large and one half-size bottle, you will notice that the smaller bottles lack some of the fine qualities of the larger ones.

Try to gage the amount required for your dinner with rather nice exactitude, especially in the case of Champagne. Once iced, then warmed and re-iced at a later date, Champagne is nearly ruined, and other wines suffer to a lesser degree.

It may be pertinent to add that the larger the group of guests the more each one tends to consume.

Temperature—Broadly speaking, all red wines should be served at room temperature and all white wines chilled. The change in temperature from that of the storage space should be

accomplished gradually, as sudden chilling or warming harms all wine.

Red wines should never be drunk cold. Fine red Bordeaux and Burgundies have scarcely any bouquet at a temperature that chills the hands. Red Bordeaux, or claret, is best at a temperature of 70°-75° F., approximately room temperature. If you keep your wines in a cool storage place—55° F. is ideal for storing—bring the claret to the dining room several hours before service time so that it may warm gradually. Never insert the bottle in hot water or put it near heat to hasten this process. Red Burgundy may be served slightly cooler than the other red wines. It loses its numbness speedily after it is poured into the glasses and by holding the bowl of the glass in the palm of the hand, to warm it further, the guest savors its expanding bouquet before tasting it.

Beaujolais, Arbois, Chinon and a few other red wines, with much bouquet and little body, are best drunk cool; they are exceptions to the general rule.

White wines should be drunk cool or chilled. The sweeter the wine, the longer it takes to chill it. Dry white wines cool quickly and a dry champagne quickest of all. On the other hand, a sweet sauterne takes a couple of hours in a mechanical refrigerator to reach its ideal temperature of 40° F. A half hour to an hour is ample refrigeration storage to cool white Burgundies, Rhone wines and the like.

All sweet white wines, all sparkling wines and some dry wines should be thoroughly chilled. They should approximate 40° F. This chilling is best accomplished by the use of an ice bucket, at least when the wine reaches the table. The first cooling may be done by laying the bottles, horizontally, of course, in the mechanical refrigerator. But wines, once iced, lose their grandeur if slightly warmed, and if they are allowed to stand outside a casing of ice for even ten minutes, the result may be disastrous. You can hasten even icing by turning your bottle in the ice bucket, which should be deep enough so that the entire bottle, except the very top, may be surrounded by ice.

Beer should be kept in a cool place so that it may be made icy cold quickly when needed. However, it should not be stored permanently in the refrigerator.

Uncorking and Decanting—Careful uncorking is important. One least bit of cork dropped into the bottle will ruin

great wines and can be detected in every case by the discerning palate.

A lever type corkscrew is ideal; its edges should be rounded so that it will not cut the cork. Insert it evenly, straight and to the full depth of the cork. Then withdraw it very slowly so that your wine will remain still. This prevents the mixing of any sediment in the bottom of the bottle with the clear liquid.

Note the condition of the cork. It should be long, moist and tightly inserted in the bottle. Short corks are an indication of slip-shod bottling, and dry corks, of poor after care (probably the bottle has been stored in an upright position). If the cork smells acid, the wine itself is turned and no longer in good drinking condition.

In recorking, it is usually advisable to cut off a little from the upper part of the cork (this obviates any taste of sealing materials) and insert this top end in your bottle. The moist end expands rapidly on exposure to air and can seldom be reinserted.

Decanting is the gentle transfer of wine from its bottle to a decanter. No two experts agree as to the advisability of doing this. However, there is no gainsaying the fact that old red wine with considerable sediment must be poured from the bottle by a very expert hand, or be decanted to prevent any sediment from reaching the wine glass. The simplest methods of decanting are to pour the wine slowly into a glass decanter and stop as soon as any sediment appears, or to pour the wine through a funnel topped with a thin layer of absorbent, not medicated, cotton. Decanting should be done just before the meal is served.

Fine white wines are seldom decanted. However, both white and red wines of the ordinary day-by-day sorts are often served from a handsome glass decanter. This fashion originated in Europe because wines of this grade are often bought in bulk. A decanter of white wine and another of red are frequently placed on the dinner table. It is a great convenience to own several sizes. Ordinary red wines will keep for a considerable period if the decanters are airtight. As you drink your wine, change it to a smaller decanter; the ideal is to have the wine and the stopper of the decanter meet each other. Liqueurs with high alcoholic content keep in partially filled decanters or bottles.

Sherry, Madeira, Port and Claret are served from the bottle or from a decanter with equal correctness.

Care of Wine—Wine should be kept at an even temperature and in a dark, dry place with some ventilation but no drafts. A closet equipped with metal bins is the best solution in city apartments. A cellar is, of course, ideal. Storing vegetables or other foods in such a cellar is unwise for they impart a disagreeable odor to wines even though they are bottled.

Fortified wines and brandy may stand upright. Keep all your other unopened wines in a horizontal position when stored. Upright bottles of natural wines spoil in a few days, because of the shrinkage of the corks. Do not disturb your wines by unnecessary movement, for if there are any dregs or sediment movement tends to cloud the entire bottle.

The ideal temperature for storing wines is about 55° F. Even temperature is important, for sudden changes ruin fine wines.

Glasses—Sets of glassware make so charming a table decoration that most women will find it convenient to buy water goblets, glasses for red wines, and small ones for white wines and sherry in a single pattern. Champagne glasses should match the other glasses, for those who plan that luxury. Liqueur and cocktail glasses may differ, for they seldom appear at the same time as the other glassware. So select gay bits of contrast for these special services.

In choosing wine glasses, buy rather large ones and fill them partially; one-half to three-quarters is suggested. Since color is one of the great fascinations of fine wine, connoisseurs approve clear crystal glassware with sparse decoration. A ball or tulip shaped bowl atop a long stem conserves the aroma and permits swirling. By holding the stem between the thumb and forefinger, the guest may move his glass so that the wine picks up a slight motion and licks the sides of the glass. This swirling exhibits the fine texture of your wine and gathers its bouquet so that, when the glass is lifted to the mouth, the nose also gains full pleasure from the rich, fruity aroma. Dry wine spreads like water, and sweet wine hangs and makes runnels. A Bordeaux that does this is called "a fat one."

The glory of Champagne, its sparkling quality, is best conserved by serving it in a glass with a fluted top on a hollow stem. The effervescence has a longer road to travel before it is dissipated in the atmosphere.

A set of tall glasses suitable for beer, ale, juleps and lemonade

may match your water goblets or differ in pattern. Steins for beer are preferred by some hosts.

Wine in Cookery—Wine is friendly to many foods but is equally antagonistic to other favorites. Egg is the outstanding example of the latter and cheese of the former. White and shell fish, poultry, game and meat, except pork, take on added luster by the addition of a small quantity of wine. Mushrooms, truffles and sweet potatoes complement wine flavors. Beware, beware, the combining of wine with acids in the form of gherkins, vinegar and similar condiments.

For fish or meat sauces, dry wines are the dicta of most experts. Riesling and Chablis are typical dry white wines, and claret is a typical dry red one. In the case of fish, the wine must be white, always, for red wine and fish do not mix. Meats may be cooked with either red or white wine. Occasionally a dash of a sweet cordial added at the last moment improves a meat. For instance, a tablespoon of Benedictine works magic in a pot roast.

Desserts and fruits combine to best advantage with sweet white wines, fortified wines, sweet liqueurs or a little brandy.

The amount of wine used in cookery is surprisingly small. To benefit by this trifling quantity, the flavor must permeate each morsel of food. Several methods aid the cook to this end. "To marinate" the food in the wine, for an hour or so, is suitable to some recipes. "To burn" is the easy means to benefit from a small amount of brandy; simply pour the brandy over the food, touch it with a lighted match and shake the food until the flame dies out. To cook the food with wine for a considerable period of time is the third and usual method.

Remember, however, that wine should never cook at a high temperature. A dozen bubbles spell disaster. This is especially true in the case of dishes that combine cream and wine. They should be cooked over hot water to prevent curdling. Another trick is to heat the fish or meat with the wine and add the cream or cream-egg mixture just before serving. If the amount of cream is large, heat it separately so that it will not chill the hot mixture. Do not heat eggs for sauces; merely add after the sauce is removed from the fire, for the heat of the cooked food will coagulate the egg.

When browning the top of a platter filled with a wine sauce and fish combination—sole or lobster, for example—place it as close to the flame as possible and leave only a second or two.

Never keep it in the broiler long enough to raise the temperature of the entire sauce. In olden days, a red hot poker seared the top—a nearly perfect method.

Never allow the aroma of your wine to escape and be squandered on the air. This bouquet should be part of the food. So cover your cooking utensils closely; cooking parchments may be used. Likewise, desserts should be closely covered while they chill in the refrigerator.

Taste your foods as you assemble and cook them. The requisite amount of salt and of wine will vary because of the differences in the wines themselves. Some sorts—sherry is one—run the gamut from quite sweet to very dry and from a rich, heavy, tawny quality to a light, flavorsome one.

Remember in your tasting adventures that, in the finest cooking, the wine flavor does not dominate; it merely accents and adds subtlety to the basic food flavor.

Remember, too, that all punches, with or without wine, should stand for thirty minutes or more after they are mixed. This is called the ripening process. Ice is added at the time of service.

COURT BOUILLON

1½ cups boiling water
½ cup white wine (dry)
¼ teaspoon salt
2 slices garlic
2 small onions
1 bay leaf
6 peppercorns
⅛ teaspoon thyme
6 slices carrot
3 sprigs parsley

Cook together for 30 minutes at simmering temperature. Strain and use as a substitute for water in poaching fish. If the recipe calls for a sauce, use this bouillon for its base. Any fish is improved by the added flavor-giving qualities of a court bouillon. Be sure to poach, not boil, your fish.

CHILLED TROUT

Try poaching brook trout in two tablespoons of butter and a half cup of court bouillon or of white wine. Turn once and

cook a very short time. Lift out, chill and serve with tartar sauce. It may be covered with an aspic gelatin and garnished with shrimps and bits of truffle.

JELLIED CONSOMMÉ WITH SHERRY

3 cups seasoned consommé
2 tablespoons gelatin
½ teaspoon lemon juice
4 tablespoons sherry wine
½ cup cold water
Minced parsley

Soften the gelatin in the cold water. Dissolve in the hot consommé. Add the lemon juice and wine, and salt if required. Chill in the refrigerator. Chop lightly before putting in service cups. Top with minced parsley, a lemon crescent or a bit of tomato fringed with minced green pepper.

HALIBUT À LA NEWBURG

1 lb. halibut
1 tablespoon brandy
¼ cup sherry wine
2 tablespoons butter
1 cup evaporated milk (undiluted)
1 teaspoon lemon juice
3 egg yolks
Dash cayenne—salt to taste

Cut the halibut in small cubes. Steam over hot water or poach in court bouillon for five minutes. Beware of long or swift cooking as the halibut easily loses its shape. When poached, put the fish, butter, wine, brandy, salt and cayenne in a double boiler and heat smoking hot. Beat the yolks and combine with the evaporated milk (sour cream may be substituted for the milk and lemon juice) and cook with the hot fish for one minute. Remove from the fire and add the lemon juice. Serve on very hot plates. An excellent chafing dish innovation.

LOBSTER CURRY APPETIZER

½ cup fresh or canned lobster meat
2 tablespoons butter
¼ teaspoon curry powder
1 teaspoon sherry wine
⅛ teaspoon dry mustard

Sauté the lobster in the melted fat. Add the seasonings and the wine. When very hot serve on small bread croustades or packaged appetizer shells.

LOBSTER À LA NEWBURG

½ lb. butter
1 cup Madeira wine
2 cups whipping cream
1 small can truffles
3 cups lobster meat (3½ lb. live lobster)
Salt and cayenne to taste

Cut the lobster in small pieces. Chop the truffles fine. Heat both the above in melted butter till very hot. Add the wine. When hot add the cream and seasoning and let them blend for several minutes. Cook over hot water, as a high temperature will curdle the cream-wine mixture.

SOLE THERMIDOR

1 lb. sole or filet of flounder
1 tablespoon flour
½ cup sour cream
1 teaspoon dry mustard
Salt and cayenne to taste
¼ cup brandy
3 tablespoons butter
2 cups court bouillon
4 tablespoons grated Swiss or Parmesan cheese

Neatly trim the fish fillets and poach in court bouillon. (See page 745.) Lift onto a hot baking platter. Combine the flour and melted butter and add the court bouillon in which the fish was poached. Add the seasonings, the cream, the brandy and 2 tablespoons of the cheese. Do not cook. Pour over the fish, sprinkle with the remaining cheese and put close under the flame to brown instantly. Serve as an entrée.

HAM PORTE MAILLOT

¼ cup cooking fat
½ cup dried Lima beans (cooked)
½ cup carrots
¼ cup onion
½ clove garlic
½ cup cauliflower
¼ cup celery
2 leaves lettuce
½ to ¾ cup dry white wine

Originated by a restaurant just outside the Porte Maillot, one of the gates of Paris, this dish brings a new flavor to a baked ham. We have substituted dried Lima beans for the French white bean that is infrequently used in America. Cut the carrots, onion, garlic, celery, cauliflower and lettuce in long narrow shreds. Simmer them in the cooking fat but do not brown.

When cooked add the previously cooked Lima beans and the white wine. Cook together one minute and serve around a hot baked ham or as a sauce for left-over ham that has been re-heated over steam.

VEAL WITH OLIVES

1½ lbs. veal cutlets
⅓ cup Marsala wine
Salt and pepper to taste
¼ cup butter or cooking fat
10 green olives

The secret of the success of this delicious Italian meat is to have the veal pounded paper thin. Ask for veal scaloppini at markets in the East. Otherwise ask for veal cutlets and ask the butcher to pound the meat paper thin after cutting it ¼ inch thick. Wipe the veal, sprinkle with salt and pepper. Simmer very quickly in the melted butter, browning lightly on both sides, add the wine and the olives cut in narrow strips. Heat one minute and serve. The veal should cook in five minutes.

BURGUNDIAN BEEF

3 lbs. beef, rump or round
¼ lb. salt pork
3 cups minced onion
2 small shallots, minced
6 peppercorns
2 bay leaves
1 tablespoon tarragon vinegar or fresh minced tarragon
⅛ teaspoon thyme
2 tablespoons butter
3 tablespoons flour
½ carrot, in circles
1 clove garlic
2 tablespoons minced parsley
2 tablespoons minced chervil
1½ to 2 cups red wine
Salt to taste

Dice the salt pork and sauté in the butter. Cut the beef in two-inch cubes or leave in one piece as preferred. Sear thoroughly in the hot fat. Lift out. Add the onion, garlic, shallots and carrot. Simmer them in the fat till light yellow. Add all the other ingredients and the beef. Cook on a very slow fire three hours. Remove excess fat and serve. It may be re-heated with advantage.

LAMB CHOPS WITH MADEIRA

6 lamb chops
3 onions
2 tablespoons butter
1 teaspoon tomato paste
½ clove garlic
2 carrots
4 mushrooms
2 tablespoons Madeira
⅛ teaspoon pepper
½ teaspoon salt

Cut the vegetables in fine inch-length strips. Simmer them in the butter till tender. Cover during this cooking so that the zest will be preserved. Season. Add the tomato paste and Madeira. Serve on top of broiled lamb chops. Thick lamb chops boned and circled with bacon add elegance to this Madeira flavored dish.

CHICKEN BRAISED WITH WINE

(Coq au Vin)

1 frying chicken
8 small white onions
4 small shallots
1 tablespoon minced parsley
1 tablespoon minced chervil
2 tablespoons flour
1 tablespoon brandy
Salt and pepper to taste
3 tablespoons butter
¼ lb. salt pork diced
¼ lb. mushrooms
1 bay leaf
1 carrot
Pinch thyme
1 cup red or white wine
1 clove garlic

Lightly brown the salt pork in the melted butter, add the shallot, onions, garlic and the carrot cut in circles. Simmer till golden, but not browned. Lift out and brown the chicken. Sprinkle with the flour, seasoning and herbs. Return the sautéed vegetables and add the wine. Cook fifteen to twenty minutes on a rather hot fire. During the last five minutes add the mushrooms. Skim off excess fat and serve.

Red wine is usual in making this dish, but the white one gives a more delicate flavor.

Make your dinner perfect by serving with this chicken a salad of mixed greens with a simple French dressing made with lemon juice. The acid of vinegar devitalizes the subtle details in flavor of the wine-cooked chicken.

EGGS WITH SHERRY AND ORANGE

(Oeufs au Xérès et à l'Orange)

6 eggs
1 tablespoon sherry
3 tablespoons tomato sauce
½ teaspoon salt
Cayenne
Butter
Grated orange rind

Beat eggs until no longer stringy. Blend in sherry and tomato sauce. Add seasonings. Melt butter in a frying pan and pour in the mixture. Cook slowly, stirring until it begins to set. Then sprinkle with the grated orange rind and serve immediately.

PLANTATION SWEET POTATOES

6 sweet potatoes
¾ cup butter or other fat
Paprika
6 tablespoons sherry wine
1½ teaspoons salt
¼ teaspoon pepper

Bake washed sweet potatoes at 450° F. for 40 minutes. Cut off a slice from the top of each and hollow out. Mash the potato. Whip with the melted butter or other fat, the seasoning and the sherry. Re-stuff in the potato shells and sprinkle with paprika. Brown in the oven.

MUSHROOMS WITH MADEIRA

½ lb. mushrooms
3 tablespoons bouillon
¼ cup butter
2 tablespoons Madeira
Salt, cayenne
8 small white onions
3 teaspoons flour
1 tablespoon minced parsley
1 tablespoon minced chervil
½ bay leaf

Melt the butter and cook onions in it for five minutes. Do not brown. Add the mushrooms that have been washed but not peeled. Whole mushrooms make the most attractive service, so slice only the stems. When well coated with butter, add the minced herbs, the flour, the bouillon and the seasoning. Cook until the onions are tender—slowly of course. Add the Madeira

and cook one minute. Serve garnished with croutons and minced herbs.

A delicious entrée or specialty for chafing dish parties.

WELSH RAREBIT

1 lb. grated American cheese
1 teaspoon paprika
Salt and prepared mustard to taste
1 teaspoon butter
½ pint ale or beer

Melt the butter and stir so that it oils the bottom of your pan. (A chafing dish over hot water is ideal.) Add the cheese and gently stir into it one tablespoon of beer or ale. The cheese will at once thicken and another tablespoon of beer or ale should be added. Stir continuously. Add more liquid until the mixture is smooth and velvety. The exact amount of ale varies with different cheeses. Season to taste and serve on toast. Hot plates are essential. This will serve six single portions.

HOT WINE SAUCE FOR VENISON, GAME OR TONGUE

1 tablespoon butter
½ glass currant jelly
Juice of ½ lemon
Pinch cayenne
½ cup water
½ cup port wine
3 cloves
1 teaspoon salt

Simmer together for five minutes all ingredients except the wine. Strain and add the port wine. Add also a little of the meat gravy. Serve hot.

BRANDIED APPLE FRITTERS

4 medium apples
1 egg
1 tablespoon sugar
1½ teaspoons baking powder
4 tablespoons brandy
½ cup milk
1 cup flour
¼ teaspoon salt

Pare the apples, core and slice in circles or cut in segments. Pour over them the brandy, cover tightly with cooking parchment. Combine the well beaten egg yolk with the sugar and milk. Add the flour that has been sifted with the salt and bak-

ing powder. Fold in the egg white beaten stiff. Dip the brandied apples in this batter and fry in deep fat (360-370° F.) two to four minutes. Serve with sauce superb or powdered sugar.

SAUCE SUPERB

2 eggs
1 cup whipping cream
1 cup powdered sugar
4 teaspoons rum

Beat the eggs till thick and lemon colored. Add the sugar gradually and continue beating. Whip the cream very stiff, add the rum and combine the two mixtures. The secret of success in making this sauce is to beat it thoroughly. It will keep for hours in the refrigerator.

APRICOT RUM WHIP

1 #2½ can apricots
¾ cup whipping cream
1 tablespoon rum
3 egg whites

Drain the apricots and reserve the juice for beverages. Mash the fruit through a sieve and combine with the whipped egg whites and the whipped cream. Fold in the rum and serve cold.

BRANDIED CARAMEL BANANAS

6 bananas
1 tablespoon brandy
3 tablespoons butter
3 tablespoons brown sugar

Peel the bananas, divide in halves lengthwise. Melt the butter and sauté the bananas. Turn when brown on one side. Add the sugar and, when browned on the other side, add the brandy. Serve on very hot plates with the brandied sugar atop the bananas.

CRÊPES SUZETTE

¾ cup flour
2 teaspoons sugar
1 teaspoon salt
¾ cup milk
3 eggs
6 lumps loaf sugar
1 orange
6 tablespoons brandy
¼ cup Grand Marnier Liqueur
⅛ lb. sweet butter

This very famous but really very simple dessert is not difficult. A more awe-inspiring recipe for the crêpes is common at

many great Parisian restaurants, but this is excellent and simple. The successful making of crêpes depends on the thinness of the batter.

Add sugar and salt to the eggs, beaten slightly, then alternately the flour and the milk and then beat thoroughly with a rotary beater. Lightly grease a small frying pan (7 inches) and pour in about two tablespoons of batter. Move the pan so that the batter spreads to the outer edge of the pan. Brown on both sides and roll. Keep in a warm place until ready to serve.

The Suzette sauce is made by rubbing the lump sugar with the white part of the orange peel, adding one teaspoon of very finely minced outer peel and dissolving the sugar in one tablespoon brandy. Combine with one-eighth of a pound of sweet butter. At service time, in the chafing dish, or Suzette pan preferably, melt prepared butter, add the cooked crêpes and turn. Then add the remaining brandy and the liqueur. Light with a match and when the flame goes out serve your crêpes.

BRANDIED APRICOT OMELET

Make a puffy omelet in the usual manner. Before folding it spread with apricot jam to which you have added a tablespoon of brandy. Around the omelet serve a foamy brandy sauce or a sauce superb.

GEORGIA CHRISTMAS PUDDING

½ cup chopped walnuts or pecans
½ cup sugar
6 egg whites
½ cup chopped raisins
½ cup sherry wine
¼ cup rum
1 teaspoon lemon juice

Soak the nuts and raisins in the wines and lemon juice for at least six hours—overnight if possible. Beat the egg whites stiff, add the sugar and beat till ropy. Fold in the wine-soaked fruits and nuts. Pour into a buttered baking dish. Set in a pan of hot water. Bake at 350° F. for one hour. Serve with the following sauce.

Make a custard of 6 egg yolks, ¼ cup sugar and 1½ cups of scalded milk. When smoothly thickened, flavor with sherry and serve on the Christmas Pudding. This is a famous old Georgia recipe.

INDEX

FROZEN PUDDING WITH RUM

2 eggs
1 cup sugar
½ to ¾ cup rum
Pinch salt
1 cup assorted candied fruit
2½ cups milk
1 cup whipping cream

Cover the chopped candied fruits with rum and cover tightly. Stand two or three hours. Make a custard of the eggs, sugar, salt and hot milk. Cool. Fold in the whipping cream, beaten stiff, and the candied fruits. Pour into a tray of the mechanical refrigerator and freeze. Beat at the end of an hour and once or twice afterward to assure even textured cream. At the last beating, the cream may be placed in small molds or in little individual paper containers.

PINEAPPLE WITH KIRSCH

Cut a ripe pineapple in slices. Remove the rind and the eyes. Restack the slices in their original shape. Pass with the pineapple a bowl of powdered sugar and a bottle of kirsch.

Canned pineapple is also excellent with kirsch but, when using it, you gain in flavor by pouring the kirsch over the fruit and chilling in the refrigerator for an hour or more. Be sure to cover closely so that all the zest will be part of the fruit. Allow one tablespoon of kirsch to two slices of canned pineapple.

Many other fruits are delicious accompanied by this mild liqueur, strawberries, for example.

SYLLABUB

2 cups whipping cream
½ cup powdered sugar
1 tablespoon rum

A famous English recipe. Whip the cream stiff, fold in the sugar and rum. Ripen in the refrigerator for half an hour, covered, of course. Serve in sherbet glasses.

STRAWBERRIES CHANTILLY

Wash, stem and cut in half 1 quart ripe strawberries. Cover with powdered sugar and 2 tablespoons rum. Chill 30 minutes.

Whisk two egg whites stiff, beat in gradually 4 tablespoons powdered sugar. Fold in the chilled berries. Serve in sherbet glasses and top with sweetened whipped cream.

TIPSY PUDDING

One of the choice recipes of our Grandmother's era. It appeared in the place of honor on New Year's Day. The secret for a successful outcome is to use a very stale, very porous cake. A broken, not cut, sunshine cake at least four days old, should be soaked in sherry. Allow about one cup sherry to a quarter of a good sized cake. An hour later cover the cake with a soft custard flavored with rum. Serve very cold.

OLD FASHIONED WINE JELLY

2 tablespoons granulated gelatin
1 cup sherry or Madeira wine
1 cup sugar
⅔ cup orange juice
½ cup cold water
1 cup boiling water
Grated rind 1 orange
⅓ cup lemon juice

Soak the gelatin in the cold water until soft. Dissolve in the boiling water, add the sugar and other ingredients. Pour into molds that have been rinsed in cold water. Serve with whipped cream.

BRANDIED PEACHES

4 lbs. fruit
1 pint best white brandy
Cloves
4 lbs. sugar
1 egg white
3½ cups water

Pare the peaches with a silver knife. Insert 2 cloves in each whole peach. Make a syrup of the sugar and water. Add the egg white beaten to a froth. Skim. Put in fruit, one layer at a time, and boil five minutes or until it may be pierced with a straw. Remove the fruit to a platter to partially cool. Then

pack in glass jars. Return any excess juice to the syrup and boil about ten minutes more, or till well thickened. Remove from the fire, add the brandy and pour over the fruit. Seal at once. White cling stone peaches are particularly good. Six pounds of fruit will yield about seven pint jars. Improves with age.

HASTY WINE GELATIN

2 packages lemon-flavored gelatin
3½ cups hot water
½ cup Madeira wine or
¼ cup sherry wine

Dissolve the gelatin in the hot water. When perfectly clear add the wine. Pour in molds that have been rinsed in cold water. Serve with whipped cream. Garnish with grated orange peel on top the whipped cream. Orange flavored gelatin combines well with Madeira.

CLARET LEMONADE

12 cubes ice
1 bottle claret
Juice 3 lemons
Sugar syrup to taste
Orange slices

Half fill a glass pitcher with ice cubes or cracked ice. Add the lemon juice and a few slices of orange. Fill the pitcher nearly full with claret and add sugar syrup to taste. Stand twenty to thirty minutes to blend and ripen.

MULLED CLARET

1 qt. hot claret
1 piece stick cinnamon
Juice 1 lemon
½ cup sugar
8 cloves
½ lemon sliced

Heat the claret and add the other ingredients. Stir till dissolved and serve hot. Doughnuts were served with it in the nineties.

TUTTI FRUTTI

Into a stone jar put one cup of brandy, the best you own, one cup sugar and one cup ripe strawberries. Stir thoroughly. As each fruit comes to the height of its perfection, add it, with a

cup of sugar for each cup of fruit. No more brandy is indicated. Be sure to stir at each addition. Large fruits like peaches should be cut in small pieces. Cherries and plums should be stoned. Atop vanilla ice cream this is an epicurean delight. Perhaps you will make enough to use it for preserves.

CHAMPAGNE CUP

½ cup Maraschino
½ cup Vermuth
½ cup Santa Cruz rum
Sugar to taste
2 qts. Champagne
Cucumber rind
Juice 4 oranges
Juice 3 lemons

Sweeten the fruit juices slightly. Combine all the ingredients. Let stand ten minutes after mixing with a large piece of ice in a punch bowl. It's well to use as large a piece of ice as possible, for it melts more slowly and adds less water to the punch.

EGGNOG, SOUTHERN

4 eggs
½ cup whipping cream
4 tablespoons brandy or whisky
3 tablespoons powdered sugar

Beat the yolks till thick and lemon colored. Slowly beat in the brandy and sugar. Fold in the stiffly beaten whites and the whipped cream. This must be eaten with a spoon. Excellent.

EGGNOG—OTHER TYPE

4 eggs
4 tablespoons powdered sugar
4 tablespoons brandy or rum
3 cups milk
Grating of nutmeg

Beat the egg white to a dry froth. Beat into the egg white the sugar and then the yolks of the eggs combined with the brandy. Add the milk and a slight grating of nutmeg. Serve at once. Famous at New Year's and Christmas.

ZABAGLIONE—

4 egg yolks
3 tablespoons honey
Cinnamon
2 tablespoons Marsala wine

Beat egg yolks with honey until thick and lemon colored in the top of a double boiler. Add wine gradually. While it heats continue to use rotary beater. Serve as drink or dessert sauce with dash of cinnamon.

CHEESE WITH WAFERS, FRUIT AND A MINT JULEP PROMOTE GOOD CONVERSATION IN THE LATE AFTERNOON

—The Best Foods, Inc.

Index

Accessories, soup 186–190
Acid, as an aid in canning . . . 660, 665
effect of, upon thickening power of flour or corn-starch . . . 16
upon custards 30
Acids, used in salad dressings . . 446
After-dinner coffee 82, 726
Alaska ice cream, baked 568
Albumen water, for invalids . . . 653
Albumin, air-holding power of . . 28
Albumenized milk 651
Alcohol test for pectin 682
Alkaline and acid-forming foods . . 34
Alligator pear salad 435
Almond filling for "Ice Box Cakes" 538
macaroons 500
paste 513
pie crust 589
sandwiches 137
Almonds, how to blanch 514
mock 186
salted 514
Alsacienne torte 463
Amber marmalade 676
American ice cream 557, 563
Anchovy and cheese sandwiches . . 139
and ham sandwiches 144
and olive sandwiches 146
and pimiento sandwiches . . . 149
butter 135
canapés 159
sauce 322
Angel cake 469
Appetizer tray, suggestions for . . 159
Appetizers
. . 116, 149, 150–151, 158–164, 746
canapés, anchovy 159
bread prepared for 159
caviar 160
cheese and olive 161
lobster 160
miscellaneous mixtures for . . 162
pâté de foie gras 161
petite marmite 135
pie 149
sardine or other sea food . . . 160
Appetizers—Continued
clams on the half shell, see oysters on the half shell 208
cocktails, cherry 164
clam, see oyster cocktail . . 208
crab, see oyster cocktail . . . 208
fruit, mixed 164
grapefruit 162
orange mint 163
strawberry and pineapple . . 163
watermelon 164
combinations suggested for hors d'oeuvre dish 159
fruit, general suggestions for . . 162
purées, cold 180
cherry 181
orange 181
raspberry 181
general characteristics of . . . 158
general directions for serving . . 158
grapefruit on the half shell . . 162
oysters on the half shell . . . 208
Apple and plum butter 680
and quince marmalade 677
and rice pudding 552
brown Betty 544
butter 680
cake 608
charlotte 545
coconut and celery salad . . . 435
dried, cake 467
filling for cake 473
flapjacks 121
fluff, see fruit fluff 535
fritters 492
brandied 751
jelly 681, 682, 683
combinations 683
lemonade 643
meringue pie 593
pudding 634
omelet 369
pie 592
English deep dish 593
meringue 593
pudding, brown Betty 544

Apple, pudding—Continued
meringue 634
rice 546
roly-poly 549
tapioca 541
sauce, cider, for meats 320
for dessert 520
spice cake 468
snow 520
tapioca 541
tarts 604
Apples, see also fruit
baked. 521
stuffed 521
with bread 633
blushing 520
canning of 665
jellied, for dessert 521
Southern fried 524
steamed 522
stuffed, baked 521
Vermont quartered 519
Apricot and banana salad 435
and marshmallow tarts . . . 605
ice cream 564
omelet, brandied 753
prune upside-down cake . . . 471
pudding 553
rice crown 634
rum whip 752
sauce 579
Apricots, canning of 665
Arrowroot blanc mange 555
Artichokes, French, with Hollandaise sauce 388
Jerusalem 389
Asparagus, canning of 664, 665
salad 427
soup, cream of 178
timbales 348
with cheese 623
Hollandaise sauce 389
Aspic jelly 348
with cabbage 428
Aspics, definition 328
Au gratin dishes, baking temperatures and periods, table of . . 6
eggs 372
fillet of flounder 198
leeks and potatoes 625
mushrooms 625
potatoes 409, 412
salmon 203
Avocado see alligator pear salad . . 435
cream sauce 584
piquant cream 578

Aztec baked beans 359

Bacon and cheese sandwiches, grilled 154
and eggs 265, 362
and liver 266
sandwiches 145
broiled 265
drippings, use of, in cooking . . 22
fried 265
Baked Alaska 568
beans, Aztec 359
Boston 389
Baking, definition 2
temperatures and time 5, 12
eggs 10
fruits 11
meat, poultry and fish . . . 7
vegetables 12
Baking powder biscuit 125
pie crust 126
shortcake 547
buckwheat cakes 120
muffins 123
Banana and apricot salad 435
and cheese sandwiches 139
and nut salad 435
see French fruit salad . . . 436
and peanut butter sandwiches . . 136
cream pie 598
fritters 493
gruel 653
ice cream 564
pie, cream 598
roll 605
sauté 719
Bananas en casserole 708
brandied caramel 752
sliced 518
Banbury tarts 605
Barbecue sauce 253
Southern 321
Barbecued beef 253
lamb 253, 254
mutton 253, 254
pork 253
roast 253
Barberry jelly 682, 685
Barley gruel 654
jelly 655
soup 169
water 654
Bass, black 196
sea 197
Batter, fritter 492
pudding 544
Batters, thin and thick 117

Bavarian cream 534
standard recipe for 529
fruit, amount required of any fruit 530
orange 530
rice 534
Bean loaf (Lima) 357
purée 180
roast 354, 357
sausages, see mock sausage . . 353
soup 171, 172
Beans, baked 389
Aztec 359
canning of 664, 665, 666
Lima, baked in loaf 357
boiled 390
Neufchâtel style 625
soy 390
baked 390
kinds and use 390
string, boiled 390
canning of 664, 665, 666
Béarnaise sauce 312
Beaten biscuit 127
Beating foods, definition 3
Béchamel sauce 310
Beef, à la mode 238
barbecued 253
braised 241
brisket, browned 234
with onion sauce 235
Burgundian 748
characteristics of good 228
chili con carne 359
chopped, baked 245
broiled or sautéed 244
en casserole 704
corned, boiled dinner 236
hash 247
scalloped 246
corning of 235
croquettes 335
cuts, chart of 232
comparative costs of 230
dried, creamed 248
with eggs 367
fillet mignon 242
fricassee 247
goulash 238
hash 247
à la Normandie 621
how to care for 230
how to select 228
juice 656
kidneys see kidneys
loaf 246
meat balls 245
Beef—Continued
methods of cooking, general directions 231
Mironton 246
ox-tail, braised 240
pot roast 239
roast 242
carving of 84
sandwiches 144
savory 238
smothered 239
steak, see beefsteak
stew with dumplings 236
stock 168
tea 656
tongue, see tongue
Beefsteak, broiled 243
sauces suitable for serving with 243
en casserole 703
flank or round, stuffed and baked 240
fillet 343
Hamburger, baked 245
broiled or sautéed 244
en casserole 704
how to carve 83
pan-broiled 243
pie 241
planked 244
stuffed 240
Swiss 239
with onions 243
with oysters 244
Beet greens 391
relish 696
Beets, boiled 391
canning of 659, 664, 665, 666
pickled 688
Belgian baked potatoes 409
Berries, fresh, as dessert 517
Berry fluff see fruit fluff . . . 535
ice cream 565
lemonade 643
preserves 668
sauce 583
Betty, brown 544
Beurre noir 322
Beverages 635, 650
beef tea 656
buttermilk, artificial 651
cereal 638
champagne cup 757
chocolate 640, 641
claret cup, mock 647
lemonade 756
cocoa 640, 641

Beverages—Continued
coffee, after dinner 636
au lait 637
caffein-free 635
cereal 638
how to buy 635
how to make 636
how to store 635
iced 637
instantaneous 635
Turkish 637
varieties of 635
Vienna 637
egg, for invalids 653
lemonade 643, 644
orangeade 644
eggnogs 648, 757
flaxseed lemonade 656
fruit, general directions . . . 642
sugar sirup for 643
ginger punch 646
ginger ale punch 646
grape juice, chilled 647
punch 646
highball 647
ricky 648
ice cream puff 649
kumiss 651
lemon frost 644
ginger 644
mint 644
punch 646
lemonade 643
apple 643
berry 643
currant 643
egg 643
flaxseed 656
pineapple 644
limeade 644
loganberry cocktail 647
milk 32, 34, 35, 40, 48, 60, 61
albumenized 651
diluted 651
hot 651
punch 649
shake 648, 649
coffee-egg 649
coffee-chocolate 649
iced 649
orange 649
soured, artificially 31
mock claret cup 647
mulled claret 756
orange lily 648
orangeade 644
Beverages, orangeade—Continued
pineapple 645
Paradise Island punch 646
punch, fruit, mixed 645
ginger 646
ginger ale 646
grape juice 646
lemon 646
Paradise Island 646
raspberry 646
tea, see veranda punch . . . 647
veranda 647
Quaker drink 648
raspberry punch 646
tea, accompaniments for . . . 640
how to make 639
how to select 638
how to store 639
iced 640
varieties of 638
whey 652
wines 737–757
Zabaglione 757
Bhugia 404
Birds, game, see game, birds
Biscuit glacé 572
mocha 570
pie crust 126
sandwiches, hot 153
shortcake 547
Biscuits, baking powder 125
beaten 127
cheese 382
date 126
emergency 125
frozen or glacé 558
raised, see tea biscuits . . . 110
soda 126
Southern beaten 127
tea 110
Bisque ice cream 557, 565
Bisques, clam 181
definition 176
general directions for making . 18
frozen 557, 565
lobster 182
macaroon 535
mock 183
oyster 182
tomato 183
Black bean soup 172
Blackberries, canning of 665
see also berries and berry and fruit
Blackberry and apple jelly . . . 683
jam 673
pie 594

Blanching almonds 514
food for canning 659
vegetables 385, 659
Blanc mange, corn-starch . . . 555
variation of, arrowroot . . . 555
caramel 555
chocolate 556
coconut 555
coffee 555
fruited 555
Irish moss 555
prune 556
gelatin, chocolate 533
vanilla 532
Blueberries, canning of, see huckleberries 665
see also berries and berry, and fruit
Blueberry and apple jelly . . . 683
and apple and rhubarb jelly . . 683
jelly 683
pie 595
pudding 544
Bluefish, baked 197
Blushing apples 520
Body-building materials, where to find, in foods 39
Boiled dinner 236
dressing 450
frosting 479
Boiling, definition 1
or simmering of foods, tables of cooking periods and temperatures for 8–12
candy 12
eggs 10
fish 8
frostings 12
fruits 10
meats 8
poultry 8
sugar 12
vegetables 11
Boiling point of water 1
Bombes 558
molded 578
Bonbons, chocolate 508
Boned herrings 195
Boning fish 192
Borders and cases for foods . . . 329
bouchées 332
cider cups 349
croustades, bread 329
rice 330
cucumber cups 396
patty cases 332
potato border 330
Borders and cases for foods—Continued
rice border 330
croustades 330
rissoles 332
timbale cases 331
tomato baskets 438
turnip shells or cups 423
vol au vents 332
Borscht 172
Boston baked beans 389
brown bread 129
roast 356
Botulinus poisoning, prevention of . 664
Bouchées 332
Bouillabaisse 172
Bouillon 168
court 169, 745
petite marmite 135
yeast 185
Bowls for table use, see table setting and service
Brain rissoles 270
Brains, calves', breaded 343
how to prepare 270, 343
Braising, definition of 2
directions for 234, 241
Bran and raisin muffins 125
coconut drops 501
date bread 130
Brandied apple fritters 751
apricot omelet 753
caramel bananas 752
peaches 700, 755
Bread, crisped, see crisp dry toast, pulled bread, bread sticks
croustades 329
treasure chest 329
crumb griddlecakes 120
crumbs, browned 314
for egging and crumbing foods to be fried 27
for canapés 159
for sandwiches 132
made with baking powder, see breads, quick
made with yeast, see breads, yeast
pudding 539
apple 633
brown Betty 544
charlotte 545
meringue 634
chocolate 539
coconut 539
French 634
peach 542, 545
peasant girl with a veil . . . 553

Bread, pudding—Continued
queen of puddings 540
spice 540
with raisins 539, 540, 634
sauce 313
stale, uses for 116
sticks 111
stuffing 303
toasted, see toast
Breads for the small family . . . 715
Breads, quick, defined 117–130
approximate proportions of liquid and flour 118
baking temperatures, general directions 119
and periods, table of 5
baking powder biscuit 125
emergency 125
pie crust 126
baking powder muffins 123
batters, thick and thin . . . 117, 118
biscuits, baking powder 125
date 126
emergency 125
soda 126
Southern beaten 127
Boston brown bread 129
corn-bread, johnny cake . . . 128
New England 128
Southern 128
spoon 127
date bran 130
doughs, soft and stiff, for . . 117, 118
effect of too much flour in . . 13
of too much soda in 13
flours, ready-to-use, for . . . 117
graham muffins 123
griddlecakes, see griddlecakes
honey sandwich loaf 129
johnny cake 128
materials used in 117
methods of mixing 118
muffins, baking powder 123
bran raisin 125
corn, with dates 124
corn-meal 124
graham 123
jelly corn 124
raisin bran 125
rice 125
New England corn cake . . . 128
Northern johnny cake 128
not rich enough, how to remedy 28
nut 130
pancakes, see griddlecakes
popovers 119
Breads, quick—Continued
prune rye 130
raisin loaf 129
rolls, corn-meal 124
pecan 126
Sally Lunn 126
scones 126
Southern beaten biscuit . . . 127
corn bread 127, 128
too rich, how to remedy . . . 28
waffles 122
buttermilk 123
cream 122
whole wheat sandwich loaf . . 129
Breads, yeast 97–116
baking, general directions for . 101
table of temperatures and periods for 5
biscuits, tea 110
braided 101
bread sticks 111
brioche 114
buckwheat griddlecakes 112
buns, hot cross 113
care of, after baking 104
characteristics of a good loaf . 102
coffee cake 113
cherry filling for 476
honey twist 115
Swedish tea ring 111
common causes of inferior . . 103
compressed yeast for 98
corn 106
doughnuts, raised 114
dry yeast for 98
effect of too much salt in . . . 100
of too much sugar in . . . 99
fancy, general directions . . . 108
flours, bread, properties of good . 97
and meals used in 97
folding 101
general directions for making . . 100
gluten 107
graham 106
hot cross buns 113
kneading 100
liquid yeast 98, 105
liquids used in 99
importance of scalding . . . 99
miscellaneous materials used in . 99
mixing, methods of 100
mold in 104
Monte Carlo 111
muffins, English 110
raised 113

Breads, yeast—Continued
muffins, rolls and fancy breads, general directions for . . . 108
potato bread 105
yeast 98, 105
proportions of flour and liquid in making dough 98
railroad yeast 98, 105
raisin 106
rising of dough 101
rolled oats 107
rolls, cinnamon 109
clover-leaf 109
crescent 109
dinner 109
finger 110
general directions for . . . 108
luncheon 110
Parker House 110
plain 109
standard recipe for 108
tea biscuit 110
twisted 110
rope in 103
rusks 112
rye 107
salt rising 115
shaping into loaves 101
sponge method of mixing . . . 100
standard recipe for white bread . 104
starter yeast 98, 105
sticks 111
straight dough method of mixing 100
Swedish tea ring 111
tests for determining when done . 102
varying from recipes 104
whole-wheat 107
yeast, amount of 99
methods of using 99
temperature best for developing 98
varieties of 98
Breakfast cereals, see cereals
menus, general plan for 48
outlined 49
sandwiches 155
Breast of veal, stuffed 252
lamb 257
Brine for pickling 687
Brioche 114
Brisket, beef, browned 234
with onion sauce 235
Brittle, maple nut 511
peanut 511
sugar 583
Broccoli 391
Broiling, defined 2
meat, general directions for . . 231
table of cooking periods for . . 9
Bromin in fish 191
Broth, chicken 168, 656
clam 170
Dutch 175
mutton or lamb 168
Broths for invalids 656
Brown Betty 544
bread, Boston 129
sauce, see sauces
stock 168
Browned butter 319, 361
crumbs 314
flour 319
Brownies 487
Brown-sugar cookies 486
macaroons 500
Brunswick stew 302
Brussels sprouts 392
Buckwheat griddlecakes, baking powder 120
yeast 112
Buffet service 726
Buns, hot cross 113
Burgundian beef 748
Burnt sugar, see caramel and caramel sirup
Burnt-sugar cake 457
Butter, anchovy 135
apple 680
and plum 680
as shortening 23
browned 319, 361
cake see cake made with fat
for cooking and table use . . 22
frosting, coffee 480
fruit, defined 679
grape 679
ham 136
lobster 322
orange fluff 324
parsley 322
peach 679
peanut, see peanut butter
petite marmite 135
prepared for sandwich making 132, 135
sauce, see sauces
shrimp 136
Buttered crumbs 314
toast 156
Buttermilk, artificial 651
waffles 123
Butterscotch 510
custard, mock 556

Butterscotch—Continued
filling, see butterscotch pie . . 599
pie 599
sauce 579
sticks 501

Cabbage, boiled 392
red, with chestnuts 624
salad 428
aspic 428
scalloped with cheese 392
stuffed 624
Café au lait 637
Caffein-free coffees 635
Cake 451
baking temperatures and periods for 6
butter, see cake made with fat
common causes of failure in making 456
effect of too much fat in . . 13
of too much flour in . . . 13
of too much liquid in . . . 13
of too much soda in . . . 13
of too much sugar in . . 13, 20
emblems for, how to prepare . 497
fillings, see fillings for cakes
for the small family 715
frostings, see frostings
made with fat, baking of . . . 6, 453
care of, after baking 455
not rich enough . . . 29
standard method of mixing . 453
testing 454
too rich, how to remedy . . 28
made without fat, baking of . 6, 455
care of, after baking . . . 456
standard method of mixing . 455
materials used in 451–452
sandwich 150
two basic types of 451
Cakes, layer and loaf 451–471
angel 469
apple 608
dried 467
apple sauce spice 468
caramel or burnt sugar 457
cheese 382, 532
chocolate, devil's food 458
layer 463
nut 459
sour milk 460
with cocoa 459
coconut, ginger 460
layer 463
coffee 460

Cakes, layer and loaf—Continued
cream, graham cracker 470
sour 471
whipped 471
devil's food 458
dried apple 467
eggless 457
fig loaf 465
fondant 632
foundation 456
French 632
fruit, Christmas 467
delicious 465
wedding 466
ginger coconut 460
gold 462
graham-cracker cream 470
Lady Baltimore 463
layer 462
chocolate 463
coconut 463
maple-sugar 463
maple sirup 458
maple-sugar layer 463
measure 458
meringue sponge cake 469
mocha torte 496
nut 461
one-egg 457
one-two-three-four 458
orange 462
peach 608
plain or foundation 456
pound 464
sour-cream 471
spice 465
apple sauce 468
sponge, hot water 469
marshmallow chocolate roll . . 470
Martha Washington pie . . . 469, 474
meringue 469
rolled 470
true 468
torte Alsacienne 463
upside-down 471, 476
wedding 466
whipped cream 471
white 461
Mountain 461
Cakes, small 494–501
almond macaroons 500
bran coconut drops 501
brown sugar macaroons . . . 500
butterscotch sticks 501
chocolate 495
chocolate roll 470

Cakes, small—Continued
coconut bran drops 501
kisses 499
macaroons 500
cream puffs 497
date surprise 497
éclairs 498
Hallowe'en 496
emblems for 497
kisses 499
coconut 499
kornettes 499
raisin nut delights 500
kornettes 499
lace 501
lady fingers 498
macaroons 500
almond 500
brown sugar 500
coconut 500
nut oatmeal 500
marshmallow fig 497
meringues 499
mocha torte 496
nut 495
oatmeal macaroons 500
raisin delights 500
petits fours 496
raisin nut delights 500
sponge drops 498
tea cakes 495
torte Alsacienne 463
Calcium in food 40
Calf's brains, see brains
heart, see heart
liver, see liver
Calories, their use in determining food value 39
Calory lists 44–46
Cambrisson salad 622
Canapés 116, 135, 149, 150–151, 159–162
anchovy 159
bread prepared for 159
caviar 160
cheese and olive 161
lobster 160
miscellaneous mixtures for . . 162
pâté de foie gras 161
pie 149
sardine or other sea food . . . 160
Candied fruits 514
peel 515
sweet potatoes 414
Candies, 502–516, see also candy-making
almonds, salted 514
bonbons, chocolate 508
Candies—Continued
brittle, maple nut 511
peanut 511
butterscotch 510
caramels 509
chocolate bonbons 508
caramels 509
fudge 504
coconut balls 513
cones 512
creamy, characteristics of . . . 503
dates, fudge covered 506
stuffed 508
fondant 506
candies made from 507
honey 507
fruit paste 515
fruits, candied 514
or nuts, glacéed 514
fudge, chocolate 504
divinity 505
maple 504
marshmallow 504
variations of 505
fudge-covered dates 506
maple fudge 505
nut brittle 511
pralines 506
scotch 510
marshmallow fudge 504
marshmallows 508
marzipan 512
molasses taffy 509
nougat 510
nut creams 507
nuts, salted 514
panocha 506
peanut brittle 511
peppermint creams 507
popcorn balls 511
pralines, maple 506
prunes, spiced 513
stuffed 508
pulled sugar 516
salted almonds or peanuts . . . 514
spun sugar 515
taffy, molasses 509
white 509
Turkish delight 512
tutti-frutti 507, 513
wintergreen creams 507
Candle roast 259
Candy making, table of 12
creaminess in candy, how to secure 503
effect of acid or corn sirup in . . 503
ingredients used in 503

Candy making—Continued
stages in sugar cookery . . 12, 502
testing sirup 502
Canned and package goods, for the small family 716
how to select 36
Canned goods, standard sizes of cans 37
Canning 658–686
acid as an aid in 660
amounts of various foods required 666
apples 665
apricots 665
asparagus 664, 665
beans 664, 665, 666
beets 659, 664, 665, 666
blackberries 665
blanching foods for 659
blueberries, see huckleberries . . 665
botulinus poisoning, prevention of 664
carrots 659, 664, 665, 666
cauliflower 664, 665
caution, in using home canned foods 664
chard 666
cherries 665, 666
cold pack method, acid as an aid in 660
blanching for 659
cooking or processing in . . 660
defined 658
general directions for use in canning fruit 662
general directions for use in canning meat 662
general directions for use in canning vegetables . . . 660
corn 659, 664, 665, 666
and tomatoes 664
dewberries 665
elderberries 665
festive flavors 682
fish 664
flat sour 663
fruit juices 665
fruits, general directions for . 658, 662
grapes 665
greens 659, 664, 665
huckleberries 665
meat 664, 665
methods, two in general use . . 658
mistakes to be avoided in . . . 663
okra 665
open kettle method, described . . 658
parsnips 659, 664
peaches 665, 666
pears 665, 666
peas 664, 665, 666
Canning—Continued
peppers 665
pineapple 665
plums 665
pressure cooker, method of using 661
in canning meat 662–663
time table for 664
processing, defined 660
pumpkin 664, 665
quinces 665
raspberries 665, 666
rhubarb 665
sauerkraut 664, 665
sirups for fruits 665
spinach 664, 665, 666
squash 664, 665
succotash 664
table of quantities required for . 666
of foods with which acid should be used 665
time table for hot water bath . . 665
for pressure cooker 664
tomatoes 665, 666
and corn 664
tomato-juice 665
vegetables, general directions for . 660
Cantaloup, how to serve 517
Canvasback duck 296
Caper sauce 309, 311
imitation 312
Capons 286
Caramel 20
bananas, brandied 752
blanc mange 555
cake 457
custard, baked 527
soft 526
filling 473
frosting 479
ice cream 565
mashed sweet potatoes 415
pudding 527
rennet-custard 555
sauce 579
sirup 457
Caramelizing sugar 20
Caramels, chocolate 509
vanilla 509
Caraway cookies 485
Cardinal ice 577
salad 429
Card party, menu for 59
Carrot and orange marmalade . . . 676
and peanut loaf 356
loaf or ring 355
molds 393

Carrot—Continued
pudding 549
salad 429
Carrots and peas 393
boiled 393
toasted 393
Carving 83–87
beef, roast 84
beefsteak 83
equipment for 83
fish 87
lamb 85
mutton 85
pork 85
poultry 86
veal 85
Casaba melon, how to serve . . . 517
Casino oysters 212
Casserole and oven cookery . . 701–709
au gratin dishes 709
bananas 708
beef, chopped 704
beefsteak 703
chicken 702
eggs Yorkshire 709
ham and potatoes, scalloped . . 708
hare 301
Hungarian goulash 705
lamb 705
Lima beans, Neufchâtel 625
liver 706
and rice 706
pigeons 703
pork chops 705
potatoes and ham, scalloped . . 708
rabbit 301
rice 707
à la Creole 707
and liver 706
Spanish 707
salmon 709
sausage and corn 619
spaghetti, Spanish Michel . . . 707
summer casserole 708
tamale pie 704
turbans of fish 704
Catchup, cranberry 698
grape 698
mushroom 699
Old Virginia 699
tomato, cold 699
Cauliflower and shrimp salad . . . 429
boiled 393
scalloped 394
Caviar canapés 160
sandwiches 146
Caviar—Continued
shad roe 201
Celeriac 395
Celery and tomato salad 433
coconut and apple salad 435
creamed 394
curls 430
egg and peanut salad 440
ham and chicken sandwiches . . 142
knobs, see celeriac
nut and potato loaf 355
sauce 309
scalloped 394
soup, cream of 178
stewed, see celery creamed . . . 394
stuffing 304
Cellulose in cereals 92, 93
Cereal beverages 638
dishes for invalids 653
Cereals 92–96
amount to buy 35
amount of salt to use with . . 94
amount of swelling during cooking 94
amount of water need for various 94
causes for spoilage of 92
cellulose in 92
cooking, important points to remember in 93
corn meal 94
tamales 96
hominy grits 94
how to store 92
methods of cooking 93
oatmeal 94
oats, rolled 94
pre-cooked 93
rice 94
samp 94
storage of 92
time needed for cooking 95
variations in use of 95
wheat 92, 94
Chafing dish cookery, see cooking at the table
Champagne cup 757
Chantilly strawberries 755
Chard, canning of 666
Charlotte, apple 545
fruit, amount of any fruit to use 530
glacé 573
orange 530
Russe 536
maple 536
standard formula for making . . 529
Chartreuse, fruit 532

Charts of cuts of meat . . . 232–233
Chateaubriand sauce 318
Chaud froid, defined 329
of eggs 349
sauce 310
Cheese 374–382
and anchovy sandwiches 139
and banana sandwiches 139
and bacon sandwiches 154
and egg timbales 379
and eggs, luncheon 380
molded 629
and ham sandwiches 154
and lettuce salad 440
and nut loaf 358
and olive canapés 161
and onion sandwiches 140
and orange marmalade sandwiches 140
and rice, baked 381
and tomato sandwiches 154
balls 381
biscuits 382
cake 382, 532
combination sandwiches 140
cream, see cream cheese
croquettes 380
cutlets 381
equivalent in milk 35
fondue, baked 379
on toast 378
with asparagus 623
macaroni loaf 358
mayonnaise sandwiches 140
omelet 364
soufflé 630
pastries 605
place of, in dietary 374
polenta, with 380
rarebit, Mexican 378
poached egg, tomato 378
Welsh 377, 751
rolls 186
salad, frozen 439
sandwiches 138
cottage 139
grilled 152
Harlequin 139
rolled, toasted 186
Roquefort 140
sauce 18, 309
soufflé 19, 379
sticks 186, 381
stuffing for peppers 347
toast 630
torte 382
useful facts about 374
Cheese—Continued
varieties of 374–377
wafers 381
Welsh rarebit 377, 751
with asparagus 623
with cooked radishes 627
with spinach 627
with turnips 628
Cherries, candied 514
canning of 665, 666
Cherry and apple jelly 683
and pear salad 437
cocktail 164
conserve 677
pie 594
mock 595
preserves 688
pudding 549
purée 181
sauce 579
mock wild 320
Chess pies 606
Chestnut croquettes 351
dessert 632
stuffing 306
Chestnuts with red cabbage . . . 624
Chicken, à la King 333
and dill pickle sandwiches . . . 143
and ham and celery sandwiches . 142
and tongue sandwiches 143
boiled 8, 281
braised with wine 749
broiled 9, 278
broth 168, 656
chop suey 334
club sandwiches 152
cooking temperatures and periods, tables of 8, 9, 10
creamed 286
croquettes 336
curry of 284
en casserole 702
forcemeat 189
fricassee 283
fried 10, 280
gumbo 173
hash 719
jellied, see pressed chicken . . . 282
liver dressing 445
sandwiches 143
Maryland style 279
mousse 350
omelet 364
panned 278
patties 333
pie 284

Chicken—Continued
planked 279
pot-pie 282
pressed 282
ragout of 622
rissoles 621
roast 8, 277
salad 442
sandwiches, cold . . . 141, 142, 143
hot 152
savory 285
scalloped 285
smothered 280
soup 170, 174
gumbo 173
steamed 281, 282
stock 168
stuffings 303–306
victory 623
Chicory or endive, creamed . . . 398
Chili and peanut sandwiches . . . 154
con carne 359
sauce 697
Chilled trout 745
Chinese gravy 334
Chocolate, beverage, iced 641
reception 641
blanc mange, gelatin 533
corn-starch 556
bonbons 508
bread pudding 539
cake, devil's food 458
layer 463
nut 459
sour milk 460
with cocoa 459
cakes, little 495
caramels 509
cookies, drop 487
cream dessert 533
pie 598
custard, baked 528
soft 526
equivalent of, in cocoa and butter 504
filling for cake . . . 464, 473, 474
for "ice box cakes" 537
for pie 598
frosting 479, 480
fudge 504
ice cream 565
iced 641
icing, seven-minute 479
layer cake 463
marshmallow fudge 504
roll 470
pudding, bread 539
Chocolate, pudding—Continued
molded 633
steamed 550
reception 641
rennet-custard 555
sauce 580
soufflé 19, 543
vanilla bombe 578
varieties of 640
Chop suey 334
Chops, lamb, French 257
with madeira 749
mutton 255
peanut 354
pork, en casserole 705
sautéed 260
Choux paste 498
pâté, à 188
Chow-chow 697
Chowder, defined 176
Chowders 183
Christmas fruit cake 467
menus 56–57
pudding, Georgia 753
relish, quick 695
Chutney, defined 688
tomato 698
Cider apple sauce 320
cups 349
pie 603
Cinnamon ice cream 565
rolls 109
toast 157
Citron, pickled 693
Clam bake 214
bisque 181
broth 170
chowder 183
cocktail 213
fritters 342
patties 333
stew 185
Clams, cooked in the shell 214
creamed 215
deviled 215
fried 215
how to prepare 213
on the half shell, see oysters on the half shell 208
roasted 214
scalloped 216
shirred, with mushrooms . . . 335
steamed 214
Claret cup, mock 647
lemonade 756
mulled 756

Clarifying fat 23
soup 167
Clover-leaf rolls 109
Club sandwiches, chicken 152
country 153
Cocktail, cherry 164
clam 213
crab 223
dressing, see oyster cocktail . . 208
fruit, mixed 164
grapefruit and orange 163
and strawberry 163
on the half shell 162
loganberry 647
orange and grapefruit 163
mint 163
oyster 208
parties 59, 727
strawberry and grapefruit . . . 163
and pineapple 163
watermelon 164
Cocoa, beverage 641
cake 459
custard 528
varieties of 640
with butter, equivalent of chocolate 504
Coconut balls, holiday 513
blanc mange 555
bran drops 501
cake, ginger 460
layer 463
celery and apple salad 435
cones 512
filling 474
ginger cake 460
kisses 499
layer cake 463
macaroons 500
pie, cream 598
custard 600
pudding 539
Codfish à la Bénédictine 616
à la mode 205
baked 197
balls 205
boiled 194
Brandade style 617
broiled 196
creamed 204
soufflé 205
with brown sauce 616
with eggs 368
Coffee, beverage 635
after dinner 636
au lait 637
Coffee—Continued
boiled 636
caffein free 635
cakes, see yeast breads 113
cherry filling for 476
how to buy 635
to make 636
to store 635
iced 637
instantaneous 635
percolated 636
Turkish 637
varieties of 635
Vienna 637
Coffee butter frosting 480
bombe 578
cake 113, 460
chocolate milk shake 649
custard, baked 528
soft 526
egg milk shake 649
filling, cream 475
for "ice box cakes" 537
iced, shake 649
icing, seven-minute 479
jelly 530
sauce 580
soufflé 543
Cold pack method, see canning
Cole slaw 428
Collops, veal 250
Coloring for soups and sauces . . . 190
Condé, pear 553
Condiments, see list of herbs, spices, extracts and flavorings
Confectioners' frosting 478
eggless 478
Confections, see candies
Conserves, cherry 677
combinations of fruits for . . . 680
cranberry 677
currant 678
defined 677
grape 678
pineapple 678
and rhubarb 679
plum 679
Consommé, recipe for one quart . . 168
jellied, with sherry 746
variations of 169
Controls, time and temperature, on ovens 4
Cookies 483–501
baking temperatures and periods, table of 6
brown sugar 486

Cookies—Continued
brownies 487
caraway 485
chocolate drop 487
doughs for 483
drop, chocolate 487
for the small family 715
honey gingernuts 490
hermits 490
nut 487
peanut 488
rich 484
rocks, maple 489
raisin 489
rolled oats 491
filled 486
for the small family 715
frosted delights 484
ginger, crisp 488
nuts, honey 490
snaps 488
hermits 490
honey gingernuts 490
hermits 490
how to roll and cut 483
ice box 485
jumbles, sour milk 489
materials used in 483
molasses 488
nut 487
oat 491
peanut 488
rich 484
rocks, maple-sugar 489
raisin 489
rolled-oats 491
sand tarts 485
soft molasses 488
sugar 484
brown 486
wafers, lemon 486
Cooking at the table 718–721
equipment necessary 718–719
recipes especially good for . . . 719
banana, sauté 719
chicken hash 719
crab rarebit 719
English monkey 720
lobster à la Newburg 720
miscellaneous suggestions . . 721
oysters à l'Indienne 720
sardines, grilled 720
Cooking by temperature 3
Cooking period for sauces 307
Cooking periods and temperatures, tables of 5–12
Cooking periods and temps.—Continued
bread, cakes, cookies and pastry . 5
candy and frosting 12
custards, soufflés, scalloped dishes and puddings 6
eggs 10
fried foods 9
fruits and vegetables 10
meat, poultry and fish 7
Cooking for two 710–717
breads 715
cakes 715
canned and packaged goods . . . 716
desserts 715
equipment 710
fish 714
fruits 716
high altitude 657
how to modify recipes 711
to use left-overs 712
to use one recipe in different ways 712
meats 713
pies 716
puddings 715
soups 714
types of recipes especially suited to 717
vegetables 714
Coral of lobster, defined 218
sauce 220
Corn, baked, with tomatoes . . . 396
boiled 395
bread, New England corn cake . . 128
Northern johnny cake . . . 128
Southern 128
spoon bread 127
yeast 106
canning of . . . 659, 664, 665, 666
with tomatoes 664
chowder 184
deviled 396
fritters 342
meal, see corn-meal
oysters 396
pudding 396
relish 695
sausage casserole 619
soufflé 395
soup 178
starch, see corn-starch
Corn-meal, as breakfast cereal . . 94
griddlecakes 120
muffins 124
date 124
jelly 124

Corn-meal—Continued
rolls 124
Corn-starch, amounts needed for thickened sauces 16
blanc mange 555
variations of 555, 556
cooking period for 17
effect of acid on 16
in pie crust 589
methods of combining with liquid 17
thickening power of 15
Corned beef, see beef, corned
Cornucopia, toast 157
Cottage cheese 382
and peanut loaf 357
sandwiches 139
pie 599
pudding 544
Country club sandwiches 153
Coupe St. Jacques 574
Courses, order in formal dinner . . 55
Court bouillon 169, 745
Coventry tartlets 606
Cow peas, see peas, cow
Crab à la Creole 617
canapés, see sardine canapés . . 160
cocktail, see oyster cocktail . . . 208
croquettes 336
rarebit 719
salad 442
sandwiches 147
stew 185
Crabapple puffs 607
jelly 681, 683
Crabs, broiled 222
creamed 223
deviled 222
fried 222
how to prepare 221
oyster, see oyster-crabs
scalloped 223
with rice 617
Cracker crumb stuffing 304
Crackers, crisped 186
Cracklings, uses for 23
Cranberries, spiced 320
Cranberry and raisin pie, see mock cherry pie 595
apple and quince jelly 683
catchup 698
conserve 677
ice 573
pie 594
sauce 320
sherbet 576
Crawfish, how to prepare 225
Cream cakes, see cakes
Bavarian 534
cheese and anchovy sandwich . . 139
and banana sandwiches . . . 139
and onion sandwiches 140
and orange marmalade sandwiches 140
and pineapple salad 438
salad 439
sandwiches 140
desserts, see gelatin and cream desserts and frozen desserts
fillings, see fillings
how to whip 33
pies, see pies
puddings, see puddings
puffs 497
sauce, see sauces
soups 177–179
sour, salad dressing 450
toast 157
tomato 157
waffles 122
Creamed dishes, general directions for making 18
mixtures used in entrées . . . 326
vegetables, amount to allow per person 711
Creaming of foods, defined . . . 3
Creamy eggless mayonnaise . . . 450
Creole butter sauce 311
Crêpes Suzette 752
crab 617
duck 291
fish 618
halibut 198
kisses 614
rice 417–707
sauce 325
shrimp 227
sweet potatoes 415
Crescent rolls 109
Cress and dandelion salad 430
and walnut salad 430
salad 430
sandwiches 149
Crisp, dry toast 156
ginger cookies 488
Crisped bread, see crisp dry toast, pulled bread, browned crumbs, bread sticks
crackers 186
Croquette mixtures, general directions for making 18
Croquettes, beef 335
cheese 380

Croquettes—Continued
chestnut 351
chicken 336
cooking temperatures and periods, table of 9
crab 336
defined 327
egg 337
egging and crumbing 27
fish 337
ham 337
hominy 341
lobster 338
oyster 338
potato 341
rice 341
salmon 338
shad roe 339
stuffing 303
surprise 339
sweetbread 340
veal 340
Croustades, bread 329
rice 330
Croutons 186
Crown of lamb or mutton 256
of pork 259
Crullers 492
Crumbling food for frying 27
Crumbly pie crust, general directions for 588
plain 588
with almonds 589
with corn-starch 589
with hot water 589
with vegetable oil 588
Crumbs, browned 314
how to prepare for fried foods . . 27
Cuban eggs 367
Cucumber cups 396
cream dressing 373
jelly salad 431
pickles 689–691
salad 430
sandwiches 148
sauce 322
Cucumbers, sautéed 397
stewed 397
Cups, cucumber 396
potato 408
Curls, celery 430
Currant and raspberry ice 573
and raspberry jam 674
and rhubarb jelly 681
conserve 678
jelly 681, 682, 683
Currant, jelly—Continued
sauce 315
lemonade 643
mint sauce 321
sherbet 574
Currants, spiced 693
Curry of chicken 284
of rice 416
turkey 288
sauce 316
Cusk, baked 198
Custard pie 600
butterscotch, mock 556
coconut 600
royale 188
sauce 580
soufflé 543
Custards 525–538
approximate amount of sugar for 20
as garnishes 188
baked, plain 527
variations of 527
boiled, see soft
caramel 526, 527
chocolate 526, 528
cocoa 528
coffee 526, 528
cooking temperatures and periods for 7
curdling of, reasons for 30
floating island 526
for soups 188
general directions for mixing and cooking 30
made with acids, special directions for 30
mock butterscotch 556
proportion of egg to liquid in . . 29
rennet 554
soft, plain 525
caramel 526
chocolate 526
coffee 526
ways of serving 526
thickening power of egg in . . . 29
Cutlets (see also croquettes)
cheese 381
defined 327
lamb 256
mutton 256
peanut butter 352
veal 249, 250
Cutting in of foods, defined . . . 3

Daisy salad 441
Dandelion and cress salad 430

Dandelion—Continued
greens 397
omelet 629
Date biscuits 126
and walnut meringues 614
bran bread 130
corn-meal muffins 124
filling 497
pie 597
cream 599
pudding 550
surprise 497
Dates, fudge covered 506
stuffed 508
Deep fat frying 24
Delmonico potatoes 411
style canvasback duck 296
Desserts, see cakes, candies, custards, doughnuts, fritters, fruits, desserts, frozen desserts, pastry, pies, puddings, sauces for desserts
Deviled clams 215
corn 396
crabs 222
eggs 369
goose 289
lobster 220
oysters 213
shrimps 225
tomato sandwiches 154
Devil's food 458
Dextrin, formed by action of acid on starch 16
formed by action of heat on starch 15
Dill pickle and chicken sandwiches . 143
pickles 688, 691
Diet, well selected, see food values and meal planning
Dinner menus, see menus
rolls 109
Dishes with sauce foundation, general directions for 18
Divinity fudge 505
maple 505
Dixie relish 695
Doilies, see table setting
Dough, baking powder biscuit . 125, 126
for cookies, rolling and cutting . 483
types of 483
for pies, see pie crust
for quick breads, methods of mixing and handling . . . 118–119
proportions of liquid to flour in making 118
Dough—Continued
types, of 117
for yeast breads, kneading . . . 100
mixing 100
rising of 101
shaping 101
Doughnuts, cooking temperatures and periods 9
raised with yeast 114
sour milk 491
sweet milk 491
Drawn butter sauce 311
Dressings 446–450
see salad dressings
Dried apple cake 467
Dried beef, creamed 248
fish, see fish
fruits, methods of cooking . . . 522
vegetables, methods of cooking . 386
Drippings, how to clarify 23
how to try out or render . . . 23
uses for, in cooking 23
Drop cookies, see cookies
Dry materials, how to measure . . 13
Duchess potatoes 409
Duck à la Creole 291
braised 290
canvasback 296
mallard 297
ragout of 622
roast 290, 296
wild, canvasback 296
general directions 296
mallard 297
roast 296
Dumplings for meat stews 237
fruit 548
peach 610
Dutch broth 175
potatoes 407

Éclairs 498
Economical vegetable soup 615
Eels, fried 199
Egg dishes 360–373
and cheese timbales 379
and tongue sandwiches, grilled . . 152
balls 187
croquettes 337
custard, see custards
drinks, see beverages
how to divide a single 711
peanut and celery salad 440
salad 441, 630
sandwiches 141
sauce 309

Egg dishes—Continued
timbales 370
tomato rarebit 378
zabaglione 757
Egging and crumbing foods . . . 26
Eggless cake 457
confectioners' frosting 478
creamy mayonnaise 450
Eggnog 648, 757
Southern 757
Eggplant, fried 398
Oriental 624
stuffed 398
Egg-white, beaten, effect of sugar upon texture of 20
Eggs à la Caracas 367
à la goldenrod 371
à la Duchesse 372
à la Suisse 367
and bacon 265, 362
and cheese, luncheon 380
ham 264
as garnish 88, 89
au gratin 372, 630
baked 361
Espagnole 368
in bacon rings 362
in tomato sauce 362
on toast 362
with bacon strips 362
battered 362
boiled 10
coddled 10, 360
chaud froid of 349
cooked in the shell 10, 360
cooking periods and temperatures for 10
creamed 371
Cuban 367
deviled 369
dropped 360
eggnog 648, 757
Southern 757
farci 370
Florentine 629
fluffy 373
fricassee of 372
fried 361
how to test for freshness . . . 360
in French style 629
in nest, see poached eggs, No. 2 361
mimosa 630
molded, with cheese 629
omelet, see omelet
pickled 372
picnic 369
Eggs—Continued
planked 368
poached 360, 361
Robin Hood 373
Romanoff 373
savory 370
scalloped 371
scrambled 362
with green peppers 362
shirred 361
Spanish 369
steamed 652
stuffed, see deviled eggs . . . 369
summer casserole 708
useful facts about 27–31
variations in cake making . . . 451
in custards 525
in dividing recipes 711
with black butter 631
codfish 368
sherry and orange 750
tomatoes 369
Yorkshire 709
Emblems for holiday cakes . . . 497
Emergency biscuit 125
En casserole dishes, see casserole and oven cookery
Endive or chicory, creamed . . . 398
English deep dish apple pie . . . 593
monkey 720
muffins 110
plum pudding 548
Entrée, defined 326
treasure chest 329
Entrées 326–350
aspic, defined 328
jelly 348
Aztec baked beans 359
borders and cases for 329
bouchées 332
bread croustades 329
cold 328, 348
braised tongue with aspic . . 349
chaud froid of eggs 349
chicken mousse 350
ham mousse 350
minced ham in cider cups . . 349
salmon mold piquante . . . 350
varieties of 328
hot 326, 333
asparagus timbales 348
calf's brains, breaded . . . 343
chicken à la King 333
chili con carne 359
chop suey 334

Entrées, hot—Continued
clam fritters 342
patties 333
corn fritters 342
croquettes, see croquettes
fillets 328, 343
kidney à la française 344
kidneys en brochette 345
lobster à la Newburg 720
patties 333
oyster fritters 343
parsnip fritters 343
patty cases 332
peppers, stuffed, see peppers
potato border for 330
rice border for 330
croustades for 330
rissoles 332, 621
Scotch woodcock 335
shirred clams or oysters with mushrooms 335
sweetbread and oyster pie . . 334
patties 333
sweetbreads braised à la Parloa 345
en brochette 345
tamales, hot 96
timbale cases for 331
varieties of 326
vegetable 328, 346
vol au vent 332
vegetable, hot or cold . . . 328, 346
Epsom salts test for pectin . . . 682
Equivalent measures and weights, in foods 722
table of 14
Escarole bowl 445
Espagnole eggs 368
Evaporated milk, directions for whipping 33
Extracts, flavoring, list of . . 730–733

Fan-tan, rice 341
Farci, lobster 219
Fat, as food, its effect upon the body 39
in cookery, effect of too much . 13
effect upon air-holding power of egg 28
Fats, amount to buy daily . . . 36
classified as to sources 21
as to use 21
for deep fat frying 24
how to care for 24
how to clarify 23
how to measure 13
how to try out or render . . . 23
Fats—Continued
how to test the temperature of, for frying 26
useful facts about 21–27
Festive flavors 682
Fig and ginger pudding 530
jam 674
loaf cake 465
marshmallow cakes 497
pie 596
preserves 668
puff 536
raisin and peanut butter sandwiches 136
Figs, candied 515
Knickerbocker 524
steamed 523
stewed 523
Filled cookies 486
Fillet, defined 193, 328
mignon 242
of beef 242, 328
of flank steak 343
of flounder 193
au gratin 198
fried 199
of sole 199
Fillets, as entrées 328, 343
of turkey with rice 287
Fillings, for cakes 472–482
apple 473
caramel 473
chocolate 464, 473, 474
coconut 474
coffee 496
cream 475
cream 475
date 497
fruit 475
and nut 463, 476
lemon 476
maple cream 477
Martha Washington 474
mocha 496
cream 475
nut and fruit 463, 476
orange 477
prune 477
rich lemon cream 538
tutti-frutti 476
walnut 478
whipped cream 475
for cookies 486
for "ice box cakes," almond . . 538

Fillings for "ice box cakes"—Continued
chocolate 537
coffee 537
lemon 538
mocha 537
pecan 538
for sandwiches, see sandwiches
upside-down cakes 476
Fines herbes, omelet aux 364
Finger bowls, see table setting and service
rolls 110
Finnan haddie, broiled 207
creamed 207
Fireless cooking, defined 3
for meats 234
Fish, amount to buy per person 191–227
appetizers 159–160
baked, cooking temperatures and periods, table of 8
general directions for . . . 196
list of fish that are good baked 197, 198
sauces and garnishes for . 197, 198
bass, black, broiled 196
sea, baked 197
bluefish, baked 197
boiled, cooking temperature and periods, table of 8
general directions for . . . 193
list of fish that are good boiled 194
sauces and garnishes for . . 194
broiled, cooking periods for . . 9
list of fish that are good broiled 196
sauces and garnishes for . . 196
bromin in 191
canapés, see canapés
canned 202–204
chowder 184
codfish, fresh, à la Bénédictine . 616
baked 197
boiled 194
broiled 196
fried 199
salt, à la mode 205
balls 205
Brandade style 617
creamed 204
soufflé 205
with brown sauce 616
with eggs 368
Creole 227, 618
croquettes, see croquettes
cusk, baked 198
eels, fried 199
Fish—Continued
en coquilles 619
fat or oily 191
fillet, defined 193
finnan haddie, broiled 207
creamed 207
flounder, baked 198
boiled 194
broiled 196
fillet of 198, 199
for the small family 714
forcemeat 189
fresh, how to select 191
water and salt water compared 191
fried, cooking temperature and periods 9
sauces for 199
fritters 618
frogs' legs 225
frozen, how to select and handle 191–192
garnishes for 89
glaze for 319
haddock, baked 197, 198
halibut à la Newburg 746
baked 198
boiled 194
broiled 196
Creole 198
fried 199
herrings, boned 195
fried 199
how to bone and fillet 192
how to carve 87
how to clean and dress 192
how to select and care for . . . 191
how to skin 192, 199
iodin in 191
kedgeree 204
loaf 618
mackerel, fresh, baked . . . 197, 198
boiled 194
broiled 196
salt, baked 206
boiled 206
milt 200
omelet 364
panned, see fish, fried
perch, fried 199
planked, general directions . . . 200
pompano, broiled 196
purée 179
roe, broiled 201
how to prepare 200
scalloped 201
salad, see salads

Fish—Continued
salmon à la Mornay 618
au gratin 203
baked 198
boiled 193, 194
broiled 196
casserole 709
loaf 203
mold piquante 350
pickled 195
puffs 202
salad 444
sandwiches 147
salt 193, 204
broiled 207
how to freshen 193
with egg garnish 206
salted, smoked and canned, common varieties of 193
sandwiches, see sandwiches, fish
sautéed, see fish, fried
scalloped 204
shad, baked 197
broiled 196
planked, see fish, planked
roe, caviar 201
how to prepare 200
sheepshead, boiled 194
shellfish, see shellfish
simmered, see fish, boiled
smelts, broiled 196
fried 199
sole, fried fillet of 199
see also flounder
soufflé 19, 202
steamed 195
stews 176, 185
stock 169
sturgeon, baked 198
swordfish, broiled 196
tilefish, baked 197, 198
timbale 202
time table for canning with the pressure cooker 664
trout 194, 745
tunafish salad 445
with caper sauce 203
turbans, defined 193
en casserole 704
warmed over 202–204
weakfish, baked 197
white, defined 191
whitebait, fried 199
with oyster crabs 224
whitefish, baked 197
whitings, fried 199
Flaked fish sandwiches 146
Flaky piecrust 590
Flank steak fillets 343
Flannel cakes 121
flapjacks, apple 121
Flat sour in home canned goods . . 663
Flavorings, for frozen desserts . 559, 562
for cakes 452
list of 730
Flaxseed lemonade 656
Floating Island 526
Florentine eggs 629
Flounder, baked 198
boiled 194
broiled 196
fillet of 199
au gratin 198
fried 199
Flour, amount to use in making thickened sauces 16
approximate proportions to liquid in quick breads 118
browned 319
thickening power of 16
effect of acid on 16
methods of combining with liquid 17
ready-to-use 117
thickening power of 15
browned 16
affected by acid 16
too much, effect of 13
varieties used in bread 97
in cake 452
Fluff, fruit 535
Fluffy eggs 373
Foamy sauce 580
Folding in, defined 3
Fondant 506
cake 632
candies made from 507–508
honey 507
Fondue, cheese, baked 379
on toast 378
Food equivalents 722–723
how to buy 35
how to use in school lunch . . 60
materials, what they do for the body 40
selection chart for children . . 60
useful facts about 1–34
Food values and meal planning . 39–46
body-building materials, where to find 40
calcium 40
chart of vitamin content of foods 41–43

Food values—Continued
copper 40
fats 40
food materials, their effect upon the body 40
iodine 40
iron 40
manganese 40
number of calories in usual servings 44
phosphorus 39
protein 39
starches 40
sugars 40
vitamins 40
what to buy to build healthful menus 39
Foods and beverages for invalids . 650
albumen water 653
barley preparations 654
gruel 654
jelly 655
water 654
beef juice 656
tea 656
buttermilk, artificial 651
cereal dishes 653
chicken broth 656
egg drinks 653
eggs, methods of serving . . . 652
gruels, banana 653
barley 654
Indian-meal 655
oatmeal 654
how to select and prepare . . . 650
how to serve 650
Indian-meal gruel 655
kumiss 651
lemonade, egg 643
flaxseed 656
milk, albumenized 651
diluted 651
hot 651
oatmeal preparations 654
gruel 654
jelly 654
water 654
panada 655
rice jelly 655
whey 652
Forcemeat, defined 326
Forcemeats 189
chicken 189
fish 189
oyster 189
Foreign words and phrases used in cooking 734–736
Foundation cake 456
sauces, see sauces for fish, meat, poultry, game and vegetables
Fowl, see chicken
Franconia potatoes 407
Freezers 558
French artichokes 388
dressing 446–447
how to keep oil and acid mixed 27
fried potatoes 409
fruit salad 436
ice cream 557, 564
lamb chops 257
omelet 363
pancakes 121
pastry sandwiches 607
toast 157
words and phrases used in cookery 734
French recipes 615–634
apple meringue pudding . . . 634
apples baked with bread . . . 633
asparagus with cheese 623
beans, Lima, Neufchâtel style . . 625
beef hash à la Normandie . . . 621
bread pudding 634
cabbage, red, with chestnuts . . 624
stuffed 624
cake 632
fondant 632
Cambrisson salad 622
cheese omelet soufflé 630
toast 630
chestnut dessert 632
chicken victory 623
chocolate pudding 633
codfish, à la Bénédictine . . . 616
Brandade style 617
with brown sauce 616
crabs, à la Creole 617
with rice 617
dandelion omelet 629
eggplant Oriental 624
eggs 629
au gratin 630
Florentine 629
mimosa 630
molded with cheese 629
with black butter 631
fish, Creole 618
en coquilles 619
fritters 618

French recipes, fish—Continued
loaf 618
gnocchi 631
ham loaf 621
leeks and potatoes au gratin . . 625
mocha pudding 633
mushrooms au gratin 625
pork liver loaf 619
with rice 621
potato fritters 626
patties 625
potatoes à l'Archiodoise 627
Jeanette Courrangelle . . . 626
peasant style 626
radishes cooked with cheese . . 627
ragout of duck or chicken . . . 622
réchauffé of meat 620
rice crown with apricots . . . 634
rissoles 621
salmon à la Mornay 618
sauce for cold meat or fish . . 622
sausage with corn 619
soups, economical vegetable . . 615
green 615
plain 615
sour milk pudding 633
spinach à la Reine 627
eggs Florentine 629
with cheese 627
tomatoes, stuffed 628
with brown sauce 628
turnip leaves 628
turnips with cheese 628
Fricasseeing, defined 2
Friends who honor us 724–729
Fritter batter 492
Fritters, apple 492
brandied 751
banana 493
clam 342
cooking temperatures and periods 9
corn 342
defined 327
fish 618
oyster 343
parsnip 343
peach 493
potato 626
raspberry 493
sweet 492–493
Frogs' legs 225
Frontier sauce 325
Frosted delights 484
Frostings 478–482
approximate amount of sugar in . 20
boiled 479
Frostings—Continued
caramel 479
chocolate 479, 480
coffee 479
coffee-butter 480
confectioners' 478
eggless 478
cooking temperatures 12
fudge 480
honey 481
topping 116
ice cream 463
maple marshmallow 482
maple-sugar 481
marshmallow-cream 482
milk 482
mocha 482
ornamental or twice-cooked . . 479
seven-minute 479
Frozen desserts 557–578
avocado piquant cream 578
baked Alaska 568
biscuits 558
glacé 572
mocha 570
bombes 558, 578
chocolate-vanilla 578
coffee 578
peach 578
pistachio 578
vanilla-chocolate 578
charlotte glacé 573
coupe St. Jacques 574
flavoring, amount required . 559, 562
freezers, crank 558, 560
mechanical refrigerator . . 559, 560
vacuum 559, 560
freezing 560
fruit, how to prepare for . . . 559
fruits, frozen 574
ice cream sandwich 569
ice creams 557
American 563
apricot 564
banana 564
berry 565
bisque 565
caramel 565
chocolate 565
cinnamon 565
French 564
fruit 566
maple-fruit 566
marshmallow 566
Neapolitan 569

Frozen desserts, ice cream—Continued
nut 567
orange 567
peach 567
Philadelphia 563
pistachio 567
prune 568
raspberry 568
rennet-custard 561, 566
rose 568
vanilla, American 563
French 564
Philadelphia 563
rennet-custard 566
ices 573
cardinal 577
cranberry 573
grape 574
lemon 573
orange 573
raspberry and currant . . . 573
milk sherbet 558, 575
molding 561
double 562
mousses 557
maple 571
marshmallow 572
strawberry or other fruit . . 571
packing and molding 561
parfaits 557
maple 572
peach meringue 571
preparation of ingredients . . . 559
puddings 557
Nesselrode 570
with rum 754
punches 558
sherbets 558
made with gelatin 576
cardinal ice 577
cranberry 576
ginger 576
lemon 576
orange 576
peach surprise 577
raspberry 576, 577
rhubarb 577
standard recipe for . . . 576
strawberry 576, 577
made without gelatin . . . 574
currant 574
lemon 575
pineapple 575
raspberry 575
sorbets 558
strawberries or other fruit, frozen 574
Frozen desserts—Continued
sundaes 569
texture 563
unmolding 562
Fruit desserts 517–524
amount to buy daily 35
amounts required for canning . . 666
and nut cake filling 463, 476
batter pudding 544
Bavarian 530
blanching 659
butters, see butters
cake, see cake 465–467
candied 514
charlotte 530, 554
cocktail, mixed 164
combinations for conserves, marmalades and preserves . . . 680
for jellies 683
cup 518, 519
desserts 517–524
see also appetizers, gelatin and cream desserts, pastry, puddings, salads, and sauces for desserts
dumplings 548
peach 610
filling 475
fluff 535
frozen 574
jelly, see jellies, fruit
ice cream, see frozen desserts
Macédoine of 519
marshmallow sauce 582
paste candies 515
plumping 667
pudding 549
punch, see beverages and frozen desserts
roly-poly 549
salads, see salads
snow 520
soufflé 542
tapioca 541
tartlets 604
turnovers 611
tutti-frutti 756
whips, apricot, prune 528
Frying, deep fat 24
best fats for 24
egging and crumbing foods for 26
general directions for . . . 25
testing temperature of fat for 26
utensils for 25
defined 2
table of temperatures for . . . 9

Fudge, chocolate 504
marshmallow 504
covered dates 506
divinity 505
maple 505
frosting 480
maple 504, 505
variations of 505

Game and poultry 274–302
birds, broiled 292
duck, see duck, wild
grouse 292, 293
panned 293
partridges 292
pheasants 292
pigeons, see pigeon and pigeons
quail 292, 294
roasted 293
squabs, see squabs
defined 274
garnishes for 89
glazing for 319
hanging 292
opossum 302
pie 294
rabbit, see hare or rabbit
reindeer 273
seasons for 274
squirrels, how to skin and dress . 299
Brunswick stew 302
roast 301
venison, how to cook 297
roast leg of 297
steak 298
Garnishes 88–91
for egg dishes 89
for fish . . 89, 194, 196, 197, 198
for game 89
for meat 89
for poultry 89
for salads and aspics . . . 90, 427
for soups 88, 186–190
for vegetables 89
general rules for using 88
purpose of 88
Geese, see goose
Gelatin and cream desserts . . 525, 528
Bavarian cream 534
fruit 530
rice 534
standard formula for 529
blanc mange 532
caramel pudding 527
charlotte 529
orange 530

Gelatin, charlotte—Continued
Russe 536
maple 536
chartreuse of fruit 532
chocolate cream 533
coffee jelly 530
diplomatic pudding 532
fig and ginger pudding 530
puff 536
fruit Bavarian 530
charlotte 530
chartreuse 532
fluff 535
grapefruit à la St. Patrick . . . 531
hasty wine 756
"ice box cakes" 537
fillings, almond 538
chocolate 537
coffee 537
lemon 538
mocha 537
pecan 538
general directions for 537
jelly, coffee 530
fruit, general directions . . . 530
how to decorate 531
lemon 529
orange 529
standard recipe for one quart 528
lemon jelly 529
sponge 529
whip 529
macaroon bisque 535
molded lime fruit salad 531
Mont Blanc 534
old-fashioned wine jelly 755
orange charlotte 530
fool 527
jelly 529
sponge 530
whip 530
pineapple ambrosia 535
snow pudding 529
Spanish cream 533
sponges 528, 529, 530
standard formula for . . . 528
velvet cream 533
whips 528, 529, 530
standard formula for 528
wine, hasty 756
Gelatin sherbets, see frozen desserts
Georgia Christmas pudding . . . 753
Giblet gravy 313
Giblets, how to remove 276
how to clean 277
Ginger ale punch 646

Ginger and fig pudding 530
coconut cake 460
cookies, crisp 488
lemon, beverage 644
pear pickles 692
preserved 668
punch 646
sherbet 576
Gingerbread 6, 494
Gingernuts, honey 490
Ginger snaps 488
Glacé, biscuit 572
charlotte 573
fruits or nuts 514
Glaze for puff paste 592
Glazing for meat, fish, poultry and game 319
Gluten bread 107
Gnocchi 631
Gold cake 462
Goose, deviled 289
roast, with potato stuffing . . 288
with baked apples 289
Gooseberry jam 674
jelly 682, 683
preserves 669
tarts 608
Goulash, beef 238
Hungarian, en casserole . . . 705
Graham bread 106
cracker cream cake 470
muffins 123
pudding 550
Grape and grapefruit salad . . . 436
butter 679
catchup 698
conserve 678
ice 574
jam 674
jelly 681, 682, 683
pear salad 440
preserves 669
salad 436
tartlets 608
Grape juice, chilled 647
high ball 647
punch 646
ricky 648
Grapefruit à la St. Patrick . . . 531
and grape salad 436
and orange cocktail 163
and strawberry cocktail 163
marmalade 676
on the half shell 162
peel, candied 515
salad 436
Gravy, see sauces
Green-gage preserves 669
Green pea soup 174
Green soup 615
cucumber pickles 689
tomato preserves 672
Greens, beet 391
canning of 659, 664, 665
dandelion 397
Griddle-cakes, apple 121
bread crumb 120
buckwheat, baking-powder . . . 120
yeast 112
corn-meal 120
flannel cakes 121
French pancakes 121
how to pour the batter 118
jelly pancakes 121
potato pancakes 122
rice 120
sour milk 119
sweet milk 119
Grilled cheese sandwiches 152
tongue and egg sandwiches . . 152
Grouse, see game, birds
Gruel, banana 653
barley 654
defined 94
Indian-meal 655
oatmeal 654
Guinea-fowl, fricassee 291
roast 291
Gumbo, chicken 173

Haddock, baked 197, 198
boiled 194
Halibut, à la Newburg 746
baked 198
boiled 194
broiled 196
Creole 198
fried 199
Hallowe'en cakes 496
Ham and anchovy sandwiches . . 144
and beans 359
and cheese sandwiches 154
and chicken and celery sandwiches 142
and eggs 264
and potatoes, scalloped 708
and radish sandwiches 149
and spinach salad 445
and tomato sandwiches 145
and veal 250
baked 263
boiled 263
broiled 263

Ham—Continued
butter 136
croquettes 337
fried, with cream gravy . . . 264
loaf 621
minced, in cider cups 349
mousse 350
omelet 364
Porte Maillot 747
potted 265
roast 263
sandwiches 144
sweet 153
stuffed 263
Hamburg steak, baked 245
broiled or sautéed 244
en casserole 704
Hard sauce 581
Hare or rabbit, broiled 299
en casserole 301
fried 300
how to dress and truss 293
how to select 298
pie 300
roast 299
salmi 300
Harlequin sandwiches 139
Hash, beef 247
à la Normandie 621
corned 247
chicken 719
honey 490
Head-cheese 262
Heart, beef, stewed 269
calf's, stewed 268
varieties of 229
Herbs, spices and extracts, list of 730–733
Hermits 490
Herrings, boned 195
fried 199
High altitude cooking 657
High ball, grape juice 647
Holiday coconut balls 513
Hollandaise sauce 312
Hominy croquettes 341
grits 94
Honey fondant 507
frosting 481
gingernuts 490
hermits 490
sandwich bread 129
sauce 581
twist 115
Honeydew melon 517
Horseradish, pickled 700
sauce 324
Hot and cold beverages . . . 635–649
puddings 539–556
biscuit sandwiches 153
cross buns 113
sandwiches 151
tamales 96
water bath used in canning . . . 661
gingerbread 494
pie crust 589
sponge cake 469
wine sauce, for game 751
Huckleberries, canning of 665
Huckleberry pie 595
Hungarian goulash 705

"Ice box cakes" 537
cookies 485
Ice cream frosting 463
puff 649
Ice creams, see frozen desserts
Ices, see frozen desserts
Icings, see frostings
Imitation caper sauce 312
pâté de foie gras 161
Indian-meal gruel 655
Indian oysters 720
pudding 547
tomatoes 422
Informal entertaining 724
Invalid cookery, see foods and beverages for invalids
Iron in food 40
its effect upon the body . . . 40
Irish moss blanc mange 555

Jam, blackberry 673
fig 674
gooseberry 674
grape 674
peach 675
raspberry 675
and currant 674
strawberry 674
Jams, general directions for making 673
Jardiniere omelet 364
Jellied consommé 746
Jellies, fruit 681
apple and apple combinations . . 683
barberry 685
best fruits for making 681
blackberry and apple 683
blueberry 683
characteristics of good 681
cherry and apple 683
crabapple 683

Jellies, fruit—Continued
cranberry and quince and apple 683
currant 683
gooseberry 683
grape 683
how to cook 683
how to extract the juice . . . 681, 682
how to seal 684
how to test for jellying point . . 684
how to test for pectin 682
jelly test 684
loquat 686
methods of making:
I, without concentrated pectin 681–684
II, with concentrated pectin 684–685
mint 686
peach and apple 683
pectin test 682
pineapple and apple 683
quince 686
and apple and cranberry . . . 683
raspberry and apple 683
rhubarb and apple and blueberry 683
roselle 686
strawberry and apple 683
sugar, effect upon texture of 13, 20
quantities to use with various fruits 682–683
Jellies, gelatin, see gelatin and cream desserts
Jelly, aspic 348
barley 655
corn muffins 124
fruit, see jellies, fruit
gelatin, see gelatin and cream desserts
oatmeal 654
omelet 364
pancakes 121
rice 655
sauce 323
currant 315
wine, old-fashioned 755
Jerusalem artichoke 388
Johnny cake, Northern 128
Juice, beef 656
Julienne potato with savory sauce . 408
soup 169
Jumbles, sour milk 489

Kale 399
Kedgeree 204
Kidneys, à la française 344
broiled 271
en brochette 345
Kidneys—Continued
sautéed 271
stewed 270
varieties of 229
Kisses 499
Creole 614
Kneading, defined 3
directions for 100
Knickerbocker figs 524
Knives and forks, see table setting and service
Kohlrabi, creamed 399
Kornettes 499
Kumiss 651

Lace cakes 501
Lactic acid in whipping cream . . 33
Lady Baltimore cake 463
fingers 498
Lamb, barbecued 253, 254
breast of 258
carving 85
characteristics of good 229
chops, French 257
with Madeira 749
crown roast 256
cutlets 256
cuts of 233
defined 228
distinguished from mutton . . . 229
en casserole 705
general directions for cooking . . 254
kidneys, see kidneys
leg of 257
liver, see liver
roast 257
saddle of 256
sandwiches 145
stew, see mutton stew 254
stock or broth 168
Lard, for frying 25
Larding, defined 3
Lardons, defined 3
Layer cake 462–463
Leeks and potatoes au gratin . . . 625
Left-over meats, how to use . . . 620
turkey curry 288
Left-overs for the small family . . 712
secret of success in using . . . 712
Leg of lamb 257
mutton 255
pork 258
Lemon filling for cake 476
for "ice box cakes" 538
frost 644
ginger 644

Lemon—Continued
jelly 529
ice 573
mint 644
peel, candied 515
pie 600, 601
meringue 612–614
punch 646
rich cream 538
sauce 581
sherbet 575, 576
soufflé 543
sponge 529
tartlets 609
wafers 486
whey 652
whip 529
Lemonade 643
apple 643
berry 643
claret 756
currant 643
egg 643
flaxseed 656
pineapple 644
Lentils, sautéed 399
Lettuce and cheese salad 440
and onion salad 431
and tomato salad 433
and tomato sandwiches 149
as garnish 90, 426
how to care for 426
salad 431
Level measures used in recipes . . 13
Lima beans, see beans, Lima
Limeade 644
Linen for the table, see table setting and service
Liquid, effect of too much 13
yeast 105
Liquids, how to measure 14
Little chocolate cakes 495
pigs in blankets 209
Liver and bacon 266
sandwiches 145
and rice, casserole of 706
baked, with stuffing 266
balls 188
chicken, dressing 445
sandwiches 143
en casserole 706
loaf 272, 619
piquante with vegetables . . . 273
valuable in treatment of anemia 229
varieties of 229
with rice 621
Loaf, sandwich 150
toasted 157
Lobster à la Newburg 720
baked 219
bisque 182
broiled 218
butter 322
canapés 160
cold, en coquille 218
coral, defined 218
creamed 219
croquettes 338
curry 746
deviled 220
farci 219
how to boil and dress 218
patties 333
salad 443
sandwiches 147
sauce 309
scalloped 220
with coral sauce 220
Loganberry cocktail 647
Loquat jelly 686
Lumpy gravies, sauces, mushes and puddings, how to prevent . 15–17
how to remedy 17
Luncheon cheese and eggs . . . 380
or supper, general plan for . . . 48
menus for 50
without meat 51
rolls 110
Lunch, school, see school lunch
Lyonnaise potatoes 413

Macaroni, baked with cheese . . . 400
boiled 400
cheese loaf 358
soup 169
Macaroon and orange pudding . . 546
bisque 535
tarts 609
Macaroons, almond 500
brown sugar 500
coconut 500
nut oatmeal 500
Macédoine of fruit 519
of vegetables 399
Mackerel, baked 197, 198
boiled 194
broiled 196
salt, baked 206
boiled 206
Madeira with lamb chops 749
mushrooms 750
Maitre d'hotel sauce 311

Mallard wild duck 297
Mammy's fried pies 607
Mangoes 692
Maple charlotte russe 536
cream filling 477
fruit ice cream 566
fudge 504
divinity 505
marshmallow frosting 482
mousse 571
nut brittle 511
parfait 572
pralines 506
sauce 581
scotch 510
sirup cake 458
sugar cake 463
frosting 481
rocks 489
Margarines, uses for 22
Marinade, cold 427
Marinating mutton 253
salads 426
Marmalade and cheese sandwiches . 140
pudding 551
strips 609
Marmalades, amber 676
apple and quince 677
carrot and orange 676
combinations of fruits for . . . 680
defined 675
grapefruit 676
lemon, grapefruit and orange combination, see amber marmalade 676
orange 675
and carrot 676
quince and apple 677
rhubarb 677
Marron sandwiches 138
Marrow balls 188
vegetable, fried 423
Marshmallow and apricot tarts . . 605
chocolate fudge 504
roll 470
cream frosting 482
fig cakes 497
filling, see marshmallow cream frosting 482
ice cream 566
maple frosting 482
mousse 572
sauce 582
fruit 582
mint 582
Marshmallows 508
Martha Washington pie 469
filling 474
Maryland style chicken 279
Marzipan 512
Mayonnaise dressing 447–449
cheese sandwiches 140
Meal planning, see food values and meal planning
Measure cake 458
Measuring, dry materials 13
fat 13
liquids 14
Measurements, equipment for . . . 13
importance of accurate 13
level, used in recipes 13
Measures and weights, equivalent, of many common foods 722
table of equivalent 14
Meat 228–273
amount to buy daily 229
of shrinkage in cooking . . . 229
beef, see beef
brains, see brains
Burgundian beef 748
canning, general directions for . . 662
time table for pressure cooker . 664
chili con carne 359
cooking temperatures and periods, tables of, for baked 7
for broiled 9
for fried 10
for roasted 7
for simmered or boiled . . 8
cuts, comparative cost of . . . 230
charts of 232–233
for the small family 713
glands and organs, general directions for cooking 234
see also, brains, heart, kidneys, liver, tongue, tripe, sweetbreads
glazing for 319
heart, see heart
how to care for 230
how to select 228
kidneys, see kidneys
lamb, see lamb
left-over, how to use 273, 620
liver, see liver
loaf, beef 246
ham 621
pork liver 619
veal 252
methods of cooking 231, 234
mince 602, 603
mutton, see mutton

Meat—Continued
omelet 364
opossum 302
pork, see pork
réchauffé 620
reindeer 273
sandwiches 134
sausage, see sausage
searing 231
soufflé, general directions . . . 19
stuffing for peppers 346
stuffings for 303
tripe, see tripe
sweetbreads, see sweetbreads
tongue, see tongue
veal, see veal
Mechanical refrigerator for frozen desserts 559, 560, 562
Melba toast 156
Melons, how to serve 517
frosted mold 440
Menu making 47–59
general plan for the day's meals . 48
breakfast 48
dinner 49
luncheon or supper 48
points to be considered in . . . 47
Menus
simple 49
breakfast 49
dinners 52
without meat 53
luncheons and suppers . . . 50
the school lunch 61
without meat 51
special occasions 55
afternoon or evening refreshments 58
afternoon tea 58
bridge supper 59
chafing dish suppers 58
children's party 59
Christmas dinners 56
cocktail party 59
Japanese tea 58
men's card party 59
St. Patrick's Day luncheon . . 55
school reception 59
supper for hikers 59
Thanksgiving dinners 56
wedding menus 57
the formal meal 54
courses in 54
order of 55
Meringue, peach 571
Creole kisses 614
Meringue—Continued
cups 499
for kisses 614
glacés 614
nests with peaches 614
pies, apple 593
lemon 600
peach 593
rhubarb 596
pudding, apple 634
sponge cake 469
Meringued pears 522
Meringues, approximate amount of sugar required 20
baked separately 499
cooking temperatures and periods for 6, 499, 613
date and walnut 614
general directions for making . 29, 612
on pies, tarts and puddings . . . 613
Mexican rarebit 378
Milk, amount to buy daily 35
evaporated 33, 816
how to whip 33
for invalids, albumenized . . . 651
diluted 651
hot 651
frosting 482
how to boil 32
how to Pasteurize 32
importance of, in school lunch . . 61
in school lunch 62
punch 649
shake 648, 649
coffee 649
coffee-egg 649
coffee-chocolate 649
orange 649
sherbet 575
toast 156
useful facts about 31
Milt, how to prepare 201
Mimosa eggs 630
Mince meat 602–603
pie 602
Mint and currant sauce 321
and orange cocktail 163
jelly 686
lemon 644
marshmallow sauce 582
sauce 321
Mironton beef 246
Mocha biscuit 570
filling for "ice box cakes" . . . 537
for cakes 475, 496
frosting 482

Mocha—Continued
pudding 633
torte 496
whipped cream filling 475
Mock almonds 186
bisque 183
butterscotch custard 556
cherry pie 595
claret cup 647
Hollandaise sauce 312
sausage 353
wild cherry sauce 320
Molasses cookies 488
gingerbread 494
sauce 582
taffy 509
Mold, frosted melon 440
Molded eggs with cheese 629
lime fruit salad 531
salads 427
spinach 418
Molding of frozen desserts 561
double 562
of jelly, see decorating jelly . . . 531
Mont Blanc 534
Monte Carlo bread 111
Mountain, White 461
Mousse, chicken 350
entrées, defined 329
frozen, defined 557
ham 350
maple 571
marshmallow 572
strawberry or other fruit . . . 571
Muffins, approximate amount of sugar for 20
baking powder 123
bran 125
corn, with dates 124
jelly corn 124
English 110
graham 123
how to mix and pour batter for 118
not rich enough, how to remedy 28
raised with yeast . . . 108, 110, 113
raisin bran 125
rice 125
too rich, how to remedy . . . 28
Mulled claret 756
Mush, defined 94
fried or sautéed 342
Mushroom and pigeon stew . . . 295
and tomato omelet 365
tomato sauce 318
wild rice stuffing 306
catchup 699
Mushroom—Continued
omelet 365
sauce 315
soup, cream of 178
stuffing 305
Mushrooms au gratin 625
baked or roasted 402
creamed 401
how to prepare 400
under glass 401
with Madeira 750
oysters 211
shirred clams or oysters . . . 335
terrapin 227
Mussels 217
Mustard pickles 690
sauce 323
Mutton 254
barbecued 253, 254
broth 168
carving of 85
characteristics of good 229
chops 255
crown of 256
cutlets 256
defined 228
distinguished from lamb . . . 229
leg of, barbecued 254
braised 255
roasted 255
marinated 254
may be served rare 254
needs acid served with it . . . 254
saddle of 256
sandwiches 145
special notes about 254
stew 254
stock or broth 168

Napkins, see table setting and service
Napoleons 609
Neapolitan ice cream 557, 569
Nesselrode pudding 570
Neufchâtel cheese 376
style Lima beans 625
New England apricot pudding . . . 553
corn cake 128
nutmeg sauce 584
pandowdy 546
Northern johnny cake 128
Noodle ring with chicken 344
soup 169
Noodles and noodle balls 187
Nougat 510
Nut and banana salad 435

Nut—Continued
and cheese loaf 358
and fruit filling 463, 476
and pineapple salad 438
and raisin cream pie 599
bread 130
brittle, maple 511
cake 461
chocolate 459
cakes, little 495
celery and potato loaf 355
cookies 487
cream candy 507
fillings for sandwiches 135
ice cream 567
loaf 356
oatmeal macaroons 500
raisin delights 500
stuffing 306
Nuts, blanching of 514
for the small family 716
glacé 514
roasted 716
salted 514

Oat bread 107
cookies 491
Oatmeal, as breakfast cereal . . . 94
gruel 654
jelly 654
nut macaroons 500
preparations for invalids . . . 654
water 654
O'Brien potatoes 412
Oils, how to care for 24
used as cooking fats 21
used as shortening 21
used in salad dressings 446
vegetable, used in pie crust . . . 588
Oily or fat fish 191
Okra, boiled 402
Old-fashioned pound cake 464
strawberry shortcake 547
wine jelly 755
Old Virginia catchup 699
Olive and anchovy sandwiches . . 146
and cheese canapés 161
oil, for frying 25
sauce 317
Omelet, apple 369
aux fines herbes 364
baked, creamy 366
brandied apricot 753
cheese 364
chicken 364

Omelet—Continued
dandelion 629
fish 364
French 363
ham 364
jardiniere 364
jelly 364
meat 364
mushroom 365
and tomato 365
onion 364
oyster 365
parsley 364
plain, French 363
puffy 363
variations of 364
potato 365
puffy 363
soufflé 543
cheese 630
Spanish 366
tomato 367
tongue 364
vegetable 364
Omelets, little 366
One-egg cake 457
One-two-three-four cake 458
Onion and cheese sandwiches . . . 140
and lettuce salad 431
and peanut butter sandwiches . . 137
and potato soup 178
omelet 364
purée 179
sandwiches 148
sauce 315
with brisket of beef 235
soup gratiné 175
stew or Dutch broth 175
Onions and tripe 271
boiled 402
creamed 403
pickled 691
stuffed 403
with steak 243
Opossum roast 302
Orange and carrot marmalade . . . 676
and grapefruit cocktail 163
and lemon and grapefruit marmalade, see amber marmalade . 676
and macaroon pudding 546
and rice pudding 540
Bavarian 530
butter fluff 324
cake 462
charlotte 530
cream pie 598

Orange—Continued
filling 475, 477
fool 527
jelly 529
ice 573
ice cream 567
juice, iced 518
lily 648
marmalade 675
and cheese sandwiches . . . 140
and peanut butter sandwiches . 136
mint cocktail 163
peel, candied 515
purée 181
raisin sauce 323
salad 437
sauce 582
with raisins 323
sherbet 576
sponge 530
tarts 610
whey 652
whip 530
with egg and sherry 750
Orangeade 644
pineapple 645
Oranges, served as dessert 518
Oriental style eggplant 624
Ornamental frosting 479
Outdoor parties 59, 728
Oven broiling, defined 2
cookery, see casserole and oven cookery
heat regulators 4
poaching, defined 2
temperatures, for baking . . . 2
table of 5
Ovens, time and temperature controls on 4
Ox-tail, braised 240
Oyster and sweetbread pie . . . 334
bisque 182
bundles 209
casino 212
chowder 184
cocktail 208
crabs, described 221
fried 223
with whitebait 224
croquettes 338
forcemeat 189
fritters 343
omelet 365
plant 417
salad 443
sandwiches 147
Oyster—Continued
sauce 309
stew 185
stuffing 304
Oysters 207
à la poulette 209
à l'Indienne 720
baked, with spaghetti 211
broiled 210
cooked in the shell 210
corn 396
creamed 209
deviled 213
en brochette 210
fried 210
how to clean and open 207
on the half shell 208
panned 208
sautéed 212
scalloped 212
shirred 335
with mushrooms 211, 335
with steak 244

Package goods, how to select . . . 36
Packing frozen desserts 561
Panada 655
Pan broiling, defined 2
meat 231
Pancakes, apple 121
crêpes Suzette 752
flannel 121
French 121
jelly 121
see also griddlecakes
Pandowdy 546
Panned fish, general directions . . 199
Paradise Island punch 646
Parfaits 557
maple 572
Parker House rolls 110
Parsley butter 322
omelet 364
potatoes, see potatoes persillade . 412
sauce 309
Parsnip fritters 343
Parsnips, creamed 403
fried 404
Partridge, see game, birds
Pasteurizing milk 32
Pastries and tarts, see tarts and small pastries
Pastry 585–614
amount of water to use in . . . 585
almond 589

Pastry—Continued
baking 6, 587
chilling 585
cooking temperatures and periods for 6
cornstarch 589
crumbly 585, 588
flaky 590
general directions for making . . 585
grainy 585, 588
hot water 589
mixing 585
pies, see pies
pinwheels 610
plain, uses for 585
puff 585, 591
ready-to-use mixtures for . . . 587
rolling 586
rollovers 612
shells 587, 604
suet 592
tarts, see tarts and small pastries
thickening, if too soft 585
vegetable oil 588
Pâté à choux 188
de foie gras, canapés 161
imitation 161
sandwiches 143
Patties, chicken 333
clam 333
lobster 333
potato 625
sweetbread 333
Patty cases 332, 592
Pea and potato salad 432
and tomato purée 180
fowl 292
purée 180
soup 174
cream of 179
timbales 359
Peach and apple jelly 683
and raisin pie 597
bombe 578
butter 679
cake 608
dumplings 610
fluff, see fruit fluff 535
fritters 493
ice cream 567
jam 675
meringue, frozen 571
pie 596
meringue 593
preserves 670
pudding 545, 551
Peach—Continued
surprise sherbet 577
Peaches, brandied 700, 755
candied 514
pickled 693
scalloped 542
stuffed 518
Peafowl 292
Peanut and carrot loaf 356
and chili sandwiches 154
and cottage cheese loaf 357
and egg and celery salad . . . 440
balls 351
brittle 511
butter and banana sandwiches . . 136
and onion sandwiches . . . 137
and orange marmalade sandwiches 136
and pickle sandwiches . . . 137
cutlets 352
fig and raisin sandwiches . . 136
chops 354
cookies 488
roast 356
scrapple 352
soufflé 353
Peanuts, baked 352
salted 514
Pear and cherry salad 437
Condé 553
ginger pickles 692
grape salad 440
salad 437
Pears, alligator, see alligator pear
baked 522
candied 514
meringued 522
pickled 692, 693
Seckel, pickled 692
stuffed, baked 522
Peas and rice 405
baked 354
boiled 404
cow, baked 354
creamed 404
Peasant girl with a veil 553
style potatoes 626
Pecan filling for "ice box cakes" . 538
rolls 126
Pectin, for jelly making . . . 684–685
in fruits 681
tests for 682
Peek-a-boos 610
Panocha 506

Pepper mangoes 692
relish 694
Peppermint cream candies . . . 507
Peppers, how to prepare 346
pickled 691
stuffed 346
cheese stuffing 347
meat stuffing 346
shrimp stuffing 347
sweetbread stuffing 347
Perch, fried 199
Persillade potatoes 412
Petite marmite 135
Petits fours 496
Pheasants, see game, birds
Philadelphia ice cream 557, 563
Phosphorus in food, effect in body . 40
Piccalilli 696
pickle and chicken sandwiches . 143
and peanut butter sandwiches . 137
Pickled beets 688
eggs 372
horseradish 700
onions 691
peaches 693
pears 693
Seckel 692
peppers, sweet red 691
salmon 195
tomatoes 688
watermelon rind 694
Pickles and relishes 687–700
pickles, beet 688
brine for 687
citron 693
cucumber 689–691
currants, spiced 693
defined 687
dill 688, 691
ginger pear 692
important facts about making . 687
mustard 690
onion 691
peach 693
pear 693
ginger 692
Seckel 692
pepper mangoes 692
peppers, sweet red 691
plums, spiced 693
preparation of food for . . . 687
sauerkraut 688
Spanish tomatoes 691
spiced currants 693
plums 693
Pickles, spiced—Continued
vinegar 688
sweet, defined 687
tomatoes 688
varieties of 687–688
vinegar, spiced, for 688
watermelon rind 694
relish, beet 696
chili sauce 697
chow-chow 697
chutney, defined 688
tomato 698
corn 695
cranberry catchup 698
defined 688
Dixie 695
grape catchup 698
horseradish, pickled 700
mushroom catchup 699
Old Virginia catchup . . . 699
piccalilli 696
Quick Christmas 695
red pepper 694
tomato catchup, cold 699
chutney 698
paste 700
purée 700
Pie canapé 149
Piecrust, almond 589
amount of water to use in . . . 585
baking powder biscuit 126
chilling 585
cooking temperatures and periods for 6
cornstarch 589
crumbly 585, 588
flaky 590
grainy or crumbly 585, 588
hot water 589
mixing 585
plain 585
puff paste 591
ready-to-use mixtures for . . . 587
rolling 586
shells 587, 604
suet 592
too soft, how to thicken . . . 585
vegetable oil 588
Pies 585
apple 592
English deep dish 593
meringue 593
banana cream 598
beefsteak 241
blackberry 594
blueberry 595

Pies—Continued
butterscotch 599
cherry 594
mock 595
chess 606
chicken 284
chocolate cream 598
cider 603
coconut cream 598
custard 600
cooking temperatures and periods for 6
cottage cheese. 599
cranberry 594
and raisin, see mock cherry
cream 598
variations of 598
custard 600
coconut 600
date 597
cream 599
fig 596
for the small family 716
fried 607
game 294
hare or rabbit 300
how to prevent escape of juices . 587
how to prevent soaking of lower crust 586
huckleberry 595
lemon 601
meringue 600
Mammy's fried 607
Martha Washington cream . . 469, 474
meringue, apple 593
lemon 600
methods of making and using on 612–613
peach 593
rhubarb 596
mince 602
mock cherry 595
nut and raisin cream 599
orange cream 598
oyster and sweetbread 334
peach 596
and raisin 597
meringue 593
pigeon 295
pineapple 595
pork 260
prune 597
pumpkin 601
rabbit or hare 300
raisin 597
Pies, raisin—Continued
and cranberry, see mock cherry 595
and nut cream 599
and peach 597
rhubarb 596
sour cream 601
squash 601
sweetbread and oyster 334
sweet potato 602
tamale, en casserole 704
tarts, see tarts and small pastries
veal 249
Pigeon and mushroom stew . . . 295
pie 295
Pigeons en casserole 703
general directions for cooking . . 294
potted 295
Pigs' feet, boiled 260
broiled 261
browned 261
fried 261
how to prepare 260
pickled (souce) 261
Pimiento and anchovy sandwiches . 149
sauce 309
Pineapple ambrosia 535
and apple jelly 683
and cream cheese salad 438
and nut salad in tomato baskets . 438
stuffing 305
and rhubarb conserve 679
and strawberry cocktail 163
candied 515
conserve 678
with rhubarb 679
ice cream 566
lemonade 644
orangeade 645
pie 595
preserves 670
sherbet 575
tarts 611
with kirsch 754
sweet potatoes 415
Pinwheels 610
Piquante sauce 316
Pistachio bombe 578
ice cream 567
Place cards, see table setting and service
Planked chicken 279
eggs 368
fish 200
steak 244
Plantation sweet potatoes 750
Plates, see table setting and service

Plum and apple butter 680
conserve 679
preserves 670
green-gage 669
pudding, English 548
sauce 583
Plumping fruits for preserving . . 667
Plums, candied 514
spiced 693
Poached eggs 360
Poaching, defined 2
oven, defined 2
Pocket-book rolls 110
Polenta with cheese 380
Pompano, broiled 196
Pop-corn balls 511
Popover mixtures, methods of mixing and cooking 118
Popovers 119
lightness due largely to eggs . . 28
Pork 258
barbecued 253
candle roast 259
characteristics of good 228
chops, barbecued 253
en casserole 705
sautéed 260
crown of 259
head-cheese 262
leg of, roasted 258
loin of, how to carve 85
how to cook, see leg of . . . 258
pie 260
pigs' feet, see pigs' feet
salt, fried with cream gravy . . 265
grilled 266
sausage, see sausage
scrapple 262
shoulder of, see leg of 258
spareribs, roasted 259
with vegetables 260
Porridge, defined 94
Potato and onion soup, cream of . 178
and pea salad 432
balls 413
border 330
bread 105
cakes, savory 408
chips 410
croquettes 341
cups 408
drops 412
fritters 626
nut and celery loaf 355
omelet 365
pancakes 122
Potato—Continued
patties 625
puff or soufflé 407
salad 432
stuffing 304
yeast 105
Potatoes à l'Archiodoise 627
and ham, scalloped 708
and leeks, au gratin 625
au gratin 412
baked 405
Belgian baked 409
boiled 405
browned 410
creamed 411
Delmonico 411
duchess 409
Dutch 407
Franconia 407
fried, American 410
French 409
hashed brown 410
Jeanette Courrangelle style . . 626
Julienne, with savory sauce . . 408
Lyonnaise 413
mashed 408
au gratin 409
O'Brien 412
on the half shell with wieners . 406
peasant style 626
persillade 412
princess 413
riced 405
Saratoga 410
scalloped 406
Spanish 413
stuffed 406
Suzette 406
sweet, see sweet potato and sweet potatoes
Pot pie, chicken 282
veal 248
Pot roast, beef 239
Potted ham 265
pigeons 295
Poultry and game 274–302
capons 286
chickens, see chicken
cooking temperatures and periods for, baked or roasted . . 8
boiled 8
broiled or sautéed 9
fried 10
simmered 8
defined 274
ducks, see duck

Poultry and game—Continued
garnishes for 89
geese, see goose
giblets, how to prepare 277
glazing for 319
guinea fowl 291
how to carve 86
how to clean and dress 275
how to cut up for cooking . . 277
how to make fillets 277
how to prepare for broiling, frying, etc. 276
how to prepare for cooking whole, ... 276
how to select 274
how to stuff 276
how to truss 276
peafowl 292
pigeons, see pigeon and pigeons
proportion of meat to bone in birds of various sizes . . 275
seasons for 274
squabs 294
turkeys, see turkey
Poulette sauce 310
Pound cake 464
Pralines, maple 506
Prawns, see shrimps
Preserves 667
berry 668
brandied peaches 700
cherry 668
combinations of fruit for . . . 680
defined 667
eight-minute strawberry . . . 671
fig 668
general directions for making . . 667
ginger 668
gooseberry 669
grape 669
green-gage 669
hard fruits, how to prepare for 667
peach 670
pineapple 670
plum 670
green-gage 669
plumping fruit for 667
quince 671
sealing 667
sirup for 668
strawberry 671–672
sun-cooked 672
tomato, green 672
yellow 672
Preserving, see preserves, marmalades, jams, conserves, fruit butters
Pressure cooker, in canning, general directions for using 661
time table for 664
Pressure cooking, defined 1
for meats 234
Primary soup 334
Princesse consommé 169
potatoes 413
Processing in cold pack method of canning 660
Protein food, amount to buy daily . 36
Prune-apricot upside-down cake . 471
Prune blanc mange 556
filling 477
ice cream 568
pie 597
rye bread 130
tart 611
whip 528
Prunes, spiced 513
stewed 523
stuffed 508
Puddings, 539, sauces, 579
baked, cooking temperatures and periods for 7
cold (see also puddings, cold or hot; and custards and gelatin and cream desserts)
apricot 553
arrowroot blanc mange . . . 555
blanc mange, cornstarch . 555–556
butterscotch, mock 556
caramel 527
caramel blanc mange 556
charlotte, fruit 554
chocolate 633
blanc mange 556
coconut blanc mange 555
coffee blanc mange 556
cornstarch blanc mange . 555–556
date 550
fruit charlotte 554
shortcake, sweet 554
blanc mange 555
fig and ginger 530
Irish moss blanc mange . . . 555
mocha 633
mock butterscotch custard . 556
New England apricot . . . 553
pear Condé 553
peasant girl with a veil . . 553
prune blanc mange 556
rennet-custards 554–555

Puddings, cold—Continued
rice 552
and apple 552
snow 529
strawberry shortcake 554
tipsy 755
cold or hot 539
apple meringue 634
tapioca 541
bread 539
chocolate 539
coconut 539
orange and rice 540
peaches, scalloped 542
queen of puddings 540
rice, creamy 541
crown of, with apricots . . 634
and orange 540
sour milk 633
spice 540
tapioca, apple or other fruit . 541
cream 541–542
for the small family 715
frozen, see frozen desserts
with rum 754
hot, 542, see also cold or hot
apple charlotte 545
rice 546
roly poly 549
batter, with fruit 544
bread, French 634
blueberry 544
brown Betty 544
carrot 549
charlotte, apple 545
chocolate soufflé 543
steamed 550
coffee soufflé 543
cottage 544
custard soufflé 543
date 550
English plum 548
French bread 634
fruit 549
batter 544
dumplings 548
roly poly 549
shortcake, old-fashioned . . 547
soufflé 542
Georgia Christmas 753
graham 550
Indian 547
lemon soufflé 543
macaroon and orange . . . 546
marmalade 551
Puddings, hot—Continued
meringues on, methods of making and using 612–613
New England pandowdy . . . 546
omelet soufflé 543
orange and macaroon . . . 546
peach 545, 551
plum, English 548
roly poly, apple or other fruit . 549
strawberry shortcake, old-fashioned 547
soufflés 542–543
steamed 549
apple, roly poly 549
carrot 549
chocolate 550
date 550
graham 550
marmalade 551
peach 551
suet 552
Yorkshire 242
Puff paste 591
how to glaze 592
uses for 585
Puffs, crabapple 607
cream 497
fig 536
ice cream 649
salmon 202
Puffy omelet 363
Pulled sugar 516
Pumpkin pie 601
Punches, beverages, see beverages
frozen desserts, see frozen desserts
Purées 18, 176, 179
cherry 181
cold, fruit 180–181
defined 176
fish 179
general directions for making . . 18
Lima bean 180
onion 179
orange 181
pea and tomato 180
raspberry 181
split pea 180
tomato 700
and pea 180

Quail, see game, birds
Quaker drink 648
Queen of puddings 540
Quenelles 190
Quick breads, see breads, quick
Christmas relish 695

Quince and apple jelly 683
and apple marmalade 677
and apple and cranberry jelly . . 683
jelly 686
preserves 671
Quinces, candied 515

Rabbit, see hare or rabbit
Radish and ham sandwiches . . . 149
Radishes cooked with cheese . . . 627
creamed 416
Ragout of duck or chicken 622
Railroad yeast 105
Raised buckwheat cakes 112
doughnuts 114
muffins 113
Raisin and cranberry pie, see mock cherry pie 595
and fig and peanut butter sandwiches 136
and nut cream pie 599
and orange sauce 323
and peach pie 597
bran muffins 125
bread, quick 129
yeast 106
nut delights 500
stuffing 306
pie 597
rocks 489
sauce 583
sticks 607
Raisins, stewed 523
Rarebit, cheese, crab 719
Mexican 378
poached egg tomato 378
Welsh 377
Raspberry and currant ice 573
and currant jam 674
black, and apple jelly 683
fritters 493
ice cream 568
jam 675
jelly 681, 683
punch 646
purée 181
sherbet 575, 576, 577
turnovers 611
Ravigote sauce 319
Reception chocolate 641
Réchauffé of meat 620
Recipes, how to modify for small family 711
how to use one recipe in different ways for small family . . . 712
Recipes—Continued
number of persons provided for in . . . . . vi, 711
types especially suited to the needs of the small family . . . 717
suited to chafing dish and grill cookery 721
use of 1
Red snapper, boiled 194
Reindeer 273
Relishes, see pickles and relishes
Remoulade sauce 323
Rendering or trying out fat. . . . 23
Rennet-custards 554, 817
caramel 555
chocolate 555
with eggs 555
Rhubarb and apple jelly 683
and blueberry and apple jelly . . 683
and currant jelly 681
and pineapple conserve 679
baked 522
marmalade 677
pie 596
scallop with meringue 524
sherbet 577
stewed 522
Rice, à la Creole 417, 707
and apple pudding 552
and cheese, baked 381
and orange pudding 540
and liver, casserole of 706
and peas 405
as breakfast cereal 94
Bavarian 534
boiled 416
border 330
croquettes 341
croustades 339
crown with apricots 634
curry of 416
en casserole 707
fan-tan 341
griddlecakes 120
jelly 655
muffins 125
pudding 552
apple 546
creamy 541
with raisins 541
soup 169
Spanish 707
wild, and mushroom stuffing . . 306
stuffing 305
Rich cookies 484
Ricky, grape juice 648

Ring molds . . 303, 344, 351, 427, 539
Rissoles 332
brain 270
French 621
sweet 612
Roast, beef 242
candle 259
chicken 277
crown of lamb 256
mutton 256
pork 259
lamb 257
leg of mutton 255
pork 258
pot 239
rolled 231
spareribs 259
Roasting, defined 2
meat 231
Robert sauce 316
Robin Hood eggs 373
Rocks, maple-sugar 489
raisin 489
Roe, broiled 201
caviar 201
croquettes 339
fish, how to prepare for use . . 200
scalloped 201
sandwiches 148
shad 201
Rolled cakes 470
chocolate marshmallow 470
oats 94
bread 107
cookies 491
roast 231
sandwiches 133
Rollovers, pastry 612
Rolls, banana 605
cheese 186
cinnamon 109
clover-leaf 109
corn-meal 124
crescent 109
dinner 109
finger 110
general directions for making . 108
jelly 470
luncheon 110
Parker House or pocket-book . 110
pecan 126
plain 109
standard recipe for 108
twisted 110
Roly-poly, apple or other fruit . . 549
Romanoff eggs 373
Rope in bread, cause and remedy . 103
Roquefort cheese sandwiches . . . 140
Rose ice cream 568
Roselle jelly 686
Rosettes, timbale 331
Roux, method of making a 17
for brown sauce 307
for white sauce 307
Royal consommé 169
custard 188
Rum apricot whip 752
Rusks 112
Russe, Charlotte 536
maple 536
Russian dressing 449
sandwiches 141
soup 172
Rye bread 107
prune 130

Sago soup 169
St. Patrick, grapefruit à la . . . 531
St. Patrick's Day luncheon menu . 55
Salad dressing 446–450
acids used in 446
boiled 450
chicken liver 445
creamy eggless mayonnaise . . . 450
cucumber cream 373
for meat salads 450
French 446–447
how to keep oil and acid mixed 27
mayonnaise 447–449
creamy eggless 450
oils used in 446
Russian 449
sour cream 450
Thousand Island 449
three basic 446
Salad-making, addition of dressing . 426
arrangement of ingredients . . . 426
cutting materials for 426
chilling materials for 425
important points in 425
keeping materials for 426
marinating materials for . . . 426
materials used in 424
utensils needed for 424
Salad sandwiches, filling for . . . 134
Salads 424–445
alligator pear 435
apple and celery and coconut . . 435
and celery and walnut . . 438
apricot and banana 435
artichoke 388
asparagus 427

Salads—Continued
banana and apricot 435
and nut 435
cabbage 428
aspic 428
cambrisson 622
cardinal 429
carrot 429
cauliflower and shrimp 429
celery 429
and apple and coconut . . . 435
and apple and walnut 438
and egg and peanut 440
and tomato 433
cherry and pear 437
chicken 442
mousse 350
coconut and celery and apple . . 435
cole slaw 428
considered as entrées 329
crab 442
cream cheese 439
and pineapple 438
ball 439
frosted melon 440
frozen 439
pear grape 440
tomato rose 434
cress 430
and dandelion 430
and walnut 430
cucumber 430
jelly 431
daisy 441
egg 441
and peanut and celery . . . 440
mimosa 630
Escarole bowl 445
fish 443
French fruit 436
frosted melon mold 440
frozen 425
cheese 439
fruit 434
fruit, French 436
frozen 434
garnishes for 90, 427
grape 436
grapefruit 436
ham and spinach 445
mousse 350
jellied cucumber 431
tomato 434
lettuce 431
and cheese 440
and onion 431

Salads, lettuce—Continued
and tomato 433
lobster 443
meat 442
dressings for 450
melon frosted 440
miscellaneous combinations for . 441
molded 427
lime fruit 531
nut and apple and celery . . . 438
and pineapple in tomato baskets 438
orange 437
oyster 443
pea and potato 432
peanut and celery and egg . . . 440
pear 437
and cherry 437
pineapple and cream cheese . . 438
and nut in tomato baskets . . 438
potato 432
and pea 432
salmon 444
mold piquante 350
sardine 444
shrimp 444
spinach 432
and ham 445
sweetbread 445
tomato and celery 433
and lettuce 433
jelly 434
rose 434
stuffed 433
surprise 433
tropical 438
tunafish 445
vegetable 427
Waldorf 438
Washington 439
Sally Lunn 126
Salmon à la Mornay 618
à la King 333
au gratin 203
baked 198
boiled 194
broiled 196
casserole 709
creamed 219
croquettes 338
loaf 203
mold piquante 350
pickled 195
puffs 202
salad 444
sandwiches 147
Salsify 417

Salt fish, how to freshen 193
Salt rising bread 115
Salted almonds or peanuts 514
Salts and peppers, see table setting and service
Samp as breakfast cereal 94
Sand tarts 485
Sandwich loaf or cake 150
  honey 129
  pie 149
Sandwiches 131–155
  breads used in 132
  breakfast 155
  butter and filling for 132
  butters, prepared, for 135
    anchovy 135
    ham 136
    petite marmite 135
    shrimp 136
  cheese 138
    and anchovy 139
    and banana 139
    and onion 140
    and orange marmalade . . . 140
    combination 140
    cottage 139
    dreams 382
    Harlequin 139
    mayonnaise 140
    rolled, toasted 186
    Roquefort 140
    Russian 141
    sticks, toasted 186
  cornucopia 157
  egg 141
  fillings, meat and salad 134
    nut 135
    petite marmite 135
    sweet 134
    tea 134
    miscellaneous suggestions . 150–151
  fish 146
    anchovy and olive 146
    caviar 146
    crab 147
    flaked 146
    lobster 147
    oyster 147
    salmon 147
    sardine 147
    shad roe 148
  French pastry 607
  garnishes for 131
  hot 151
    bacon and cheese 154
    breakfast 155
Sandwiches, hot—Continued
    cheese and tomato 154
      dreams 382
    chicken club 152
    country club 153
    deviled tomato 154
    grilled cheese 152
    grilled tongue and egg . . . 152
    ham and cheese 154
    ham sweet 153
    hot biscuit 153
    miscellaneous suggestions for . 155
    peanut and chili 154
    sardine and toast 154
    savory 153
    Turkish 153
    types of 151
  how to keep 133
  how to serve 131
  how to shape 133
  ice cream 569
  lunch box 62, 132
  meat and poultry (see also sandwiches hot) 141
    bacon and liver 145
    beef 144
    chicken 141
      and dill 143
      and ham and celery . . . 142
      and tongue 143
      liver 143
    ham 144
      and anchovy 144
      and chicken and celery . . 142
      and tomato 145
    lamb 145
    liver and bacon 145
    mutton 145
    pâté de foie gras 143
    tongue 145
      and chicken 143
    veal 146
  nut and nut combinations . . 136, 151
    almond 137
    marron 138
    peanut butter and banana . . 136
      and fig and raisin 136
      and onion 137
      and orange marmalade . . 136
      and pickle 137
  picnic 132
  rolled 133
  salad 134
    cake 134
    cream cheese cake 150
    loaf 150

Sandwiches, salad—Continued
pie 149
time savers in making 133
vegetable 148
cucumber 148
onion 148
pimiento and anchovy . . . 149
radish and ham 149
tomato and lettuce 149
watercress 149
Saratoga potatoes 410
Sardine sandwiches 147
and toast sandwiches 154
canapés 160
salad 444
Sardines, grilled 720
Sauces as foundation 18
Sauces, coloring for 190
for desserts 579–584
apricot 579
avocado cream 584
berry 583
butter-orange fluff 324
butterscotch 579
caramel 579
cherry 579
chocolate 580
coffee 580
custard 580
foamy 580
fruit marshmallow 582
hard 581
honey 581
lemon 581
maple 581
marshmallow 582
fruit 582
mint 582
molasses 582
New England nutmeg 584
orange 582
plum pudding 583
raisin 583
sugar brittle 583
strawberry or other berry . . 583
vanilla 584
yellow 584
zabaglione 757
for fish, meat, poultry, etc. . 307–325
anchovy 322
apple 320
barbecue, Southern 321
Béarnaise 312
Béchamel 310
beurre noir 322
bread 313
Sauces—Continued
brown 18, 314
roux for 307
browned butter 319
flour 319
butter, à la Creole 311
beurre noir 322
browned 319
drawn 311
lobster 322
parsley 322
caper 309, 311
imitation 312
celery 309
chaud froid 310
Chateaubriand 318
cheese 18, 309
Chinese gravy 334
cooking periods for 307
coral 220
cranberry 320
Creole 325
cream 309
cucumber 322
currant jelly 315
mint 321
curry 316
drawn butter 311
egg 309
French, for cold meat and fish . 622
frontier 325
giblet 313
glazing for meat or fish . . . 319
Hollandaise 312
mock 312
horseradish 324
jelly 323
currant 315
lobster 309
butter 322
made gravy 314
maitre d'hotel 311
marinade 427
mint 321
mock wild cherry 320
mushroom 315
and tomato 318
mustard 323
olive 317
onion 315
orange raisin 323
oyster 309
parsley 309
butter 322
pimiento 309
piquante 316

Sauces—Continued
poulette 310
raisin and orange 323
ravigote 319
remoulade 323
Robert 316
roux for brown sauce . . . 307
for white sauce 307
shrimp 309
soubise 309
Spanish 317
spiced cranberries 320
superb 752
supreme 317
tartar 324
tomato 318
and mushroom 318
cream 309
velouté 310
Victor Hugo 313
vinaigrette 325
when to add seasonings . . . 307
white 18, 307, 308
roux for 307
variations of 309
wine, hot 751
yellow 310
foundation 18
suggested for serving with fish 194, 196, 197, 198
for serving with steak . . . 243
thickened, effect of too much fat in 13
effect of too much flour in . 13
general directions for making . 17
made with acid, amount of thickening agent required 16
made with browned flour, amount of thickening agent needed 16
made with milk, amount of thickening agent needed . 16
lumpy, how to prevent . . . 15
how to remedy 17
methods of combining flour or corn-starch with liquid . . 17
proportion of thickening agent to liquid 16
roux for 307
thinner when hot than when cold 17
too thick, how to thin . . . 17
too thin, how to thicken . . 17
Sauerkraut 688
canning of 664, 665
Sausage, mock 353
and corn casserole 619
pork 264
stuffing 305
Sautéing, defined 2
meats 234
Savory, beef 238
chicken 285
eggs 370
potato cakes 408
sandwiches 155
Scalloped dishes, cooking temperatures and periods . . . 6, 12
general directions for making . 18
Scallops, broiled 216
creamed 217
fried 216
School lunch 60–63
how to pack 63
how to prepare food for . . . 62
how to select foods for 60
lunch box 63
menus 61
one hot dish for 61
Scones 126
Scotch woodcock 335
Scrapple 262
peanut 352
Seckel pears, pickled 692
Setting the table, see table setting and service
Seven-minute icing 479
Shad, baked 197
broiled 196
planked, see fish, planked
roe, see roe
Sheepshead, boiled 194
Shellfish 207
appetizers 159
clams, see clam and clams
crabs, see crab and crabs
crawfish or crayfish 225
lobster, see lobster
mussels 217
oysters, see oysters
oyster crabs, see oyster crabs
scallops, see scallops
shrimps and prawns, see shrimp and shrimps
terrapin and turtle, see terrapin
varieties of 191
Shells, pastry 587, 604
patty 332, 592
Sherbets, see frozen desserts
Sherry with egg and orange . . . 750

Shortcake, strawberry or other fruit, old-fashioned 547
sweet cake 554
Shortening, defined 23
varieties used in cakes 451
Shortenings, solid 22
Shoulder, boning and stuffing of . 303–306
Shrimp and cauliflower salad . . . 429
butter 136
Creole 227
salad 444
sauce 309
stuffing for peppers 347
Shrimps, creamed 224
Creole 227
deviled 225
how to prepare 224
scalloped 224
Silver for table use, see table setting and service
Simmering defined 1
meat 8, 231
Sirup, caramel 457
for candied fruits 514
for canning 665
for fruit beverages 643
for preserves 668
maple, cake 458
Skin on soups, how to prevent . . 177
Slaw, cole 428
Small family, cooking for, see cooking for two
Smelts, broiled 196
fried 199
Smothered beef 239
chicken 280
Snow, apple or other fruit . . . 520
pudding 529
Soda biscuit 126
effect of too much 13
Sole, boiled 194
fillet of 193, 199
thermidor 747
Sorbets, defined 558
Soubise sauce 309
Souce 261
Soufflés 18, 328, 329, 539, 542
cheese 19, 379
omelet 630
chocolate 19, 543
codfish 205
coffee 543
cold, defined 329
cooking temperatures and periods . 7
corn 395
custard 543
Soufflés—Continued
fish 202
fruit 328, 542
lemon 543
meat or fish 19
mixtures, general directions for making 18
omelet 543
peanut 353
potato 407
vanilla 19, 542
with sauce foundation, general directions 18
Soup Accessories 186–190
cheese sticks 186
crisped crackers 186
croutons 186
custard 188
egg balls 187
forcemeat 189
marrow balls 188
mock almonds 186
noodles and noodle balls . . . 187
pâté à choux 188
quenelles 190
variations 187
garnishes, see garnishes
stock, see soups, stock for
Soups 165–185
amount to allow per person . . . 711
asparagus, cream of 178
bean, baked or boiled 171
black 172
Lima, purée 180
beef juice 656
stock 168
tea 656
bisques 176, 181
binding 177
borscht 172
bouillabaisse 172
bouillon, beef 168
court 169
yeast 185
canned 165
celery, cream of 178
cherry purée, cold 181
chicken 170, 174
broth for invalids 656
gumbo 173
chowders 176, 183
clam bisque 181
broth 170
chowder 183
stew 185
classes of 165

Soups—Continued
clear, how to clarify 167
tomato 171
coloring for 190
consommé 168
variations of 169
corn chowder 184
cream of 178
court bouillon 169
crab stew 185
cream 18, 176, 177
asparagus 178
celery 178
corn 178
defined 176
how to prevent the formation of skin on 177
mushroom 178
onion and potato 178
pea 179
spinach 179
standard recipe for 177
tomato 179
variations of 178
Dutch broth 175
economical vegetable 615
fish chowder 184
purée 179
stews 176
stock 169
for invalids 656
for the small family 714
French 615
fruit purées, cold 180
garnishes for, see garnishes and soup accessories
green, French 615
green pea 174, 179
gumbo 173
home-made and ready-to-use . . 165
jellied 171
tomato 171
Julienne 169
lacking in strength or flavor, how to improve 165
Lima bean purée 180
lobster bisque 182
macaroni, spaghetti, vermicelli or noodle 169
mock bisque 183
mushroom, cream of 178
mutton broth 168
onion and potato 178
gratiné 175
purée 179
stew 175
Soups—Continued
orange purée, cold 181
oyster bisque 182
chowder 184
stew 185
pea, green 174, 179
split 174, 180
peas and tomatoes, purée of . . 180
plain, French 615
potatoes and onions, cream of . . 178
primary 334
princess consommé 169
purées 18, 176, 179
cold fruit 180
raspberry purée 181
royal consommé 169
sago, rice or barley 169
spinach, cream of 179
stocks for 166
beef 168
brown 168
chicken 168
fish 169
general directions for making . 166
how to clarify 167
how to remove fat from . . 167
how to use 167
ingredients needed to make one quart of 168–169
lamb 168
mutton 168
variations of brown or white . 169
veal 168
white 168
substantial vegetable and stock . 171
thickened 176
how to bind 177
how to prevent the formation of skin on 177
tomato bisque 183
clear 171
cream 179
paste for 700
turkey bone 170
unthickened, 170 see also stocks for soup
value of, in the dietary 165
veal 250
vegetable, cream 18, 388
economical 615
stock 169
Sour cream 32
cake 471
pie 601
salad dressing 450
milk, as beverage . . . 31, 34, 651

Sour milk—Continued
chocolate cake 460
doughnuts 491
jumbles 489
pudding 633
Southern beaten biscuit 127
corn bread 128
spoon 127
fried apples 524
chicken 280
Soy beans, see beans, soy
Spaghetti, baked with cheese . . 400
boiled 400
soup 169
Spanish, Michel 707
with baked oysters 211
Spanish cream 533
eggs 369
Michel spaghetti 707
omelet 366
potatoes 413
rice 707
sauce 317
tomatoes 691
Spareribs, pork roasted 259
Spice cake 465
apple sauce cake 468
pudding 540
Spiced cranberries 320
currants 693
plums 693
prunes 513
vinegar, for pickles 688
Spices, list of 730–733
Spinach à la Reine 627
and ham salad 445
boiled 418
creamed 419
in eggs 419
mold 418
salad 432
soufflé 419
soup, cream of 179
with cheese 627
eggs, Florentine 629
Split-pea purée 180
soup 174
Sponge cake, hot water 469
meringue 469
true 468
drops 498
fruit, amount of fruit needed . 530
gelatin, standard formula for . . 528
lemon 529
orange 530
Spoon bread 127
Spoons, see table setting and service
Sprouts, Brussels 392
Spun sugar 515
Squabs, broiled 294
how to cook 294
Squash, fried 417
in the shell 418
pie 601
summer, baked or steamed . . 417
Squirrels, see game
Stale bread, uses for 116
Starch, converted into dextrin . . 15
cooked by dry heat 14
in liquid 14
how to combine with liquid . . 17
useful facts about 14
Starch-rich foods 14
points to observe in cooking . . 15
Starter yeast 105
Steak, see beefsteak
Steamed puddings, see puddings, hot
Steaming, defined 1
Stewing, defined 1, 231
Stews, beef 236
Brunswick 302
clam 185
crab 185
fish 176
lamb 258
mutton 254
onion 175
oyster 185
pigeon and mushroom 295
see also, potpie and ragout
Sticks, cheese 186, 381
Stirring of foods, defined 3
Stock, see soups, stock for
Strawberries, fresh 517
Chantilly 755
frozen 574
Strawberry and apple jelly . . . 683
and grapefruit cocktail 163
and pineapple cocktail 163
jam 674
mousse 571
preserves 671
eight-minute 671
sun-cooked 672
sauce 583
sherbet 576, 577
shortcake, old-fashioned, baking powder biscuit 547
sweet cake 554
String beans, see beans, string
Stuffed ham 263

Stuffings, for fish, meat, poultry and game 303–306
bread 303
celery 304
chestnut 306
cracker crumb 304
mushroom 305
and wild rice 306
oyster 304
pineapple-nut 305
potato 304
raisin-nut 306
rice 305
sausage 305
for peppers 346
cheese 347
meat 346
shrimp 347
sweetbread 347
wild rice and mushroom . . . 306
Sturgeon, baked 198
Succotash 420
Suet paste 592
pudding 552
Sugar, amount to use in making sirup for preserves 668
amount to use in making sirups for canning fruits . . . 665–666
amounts to use in various common dishes 20
amounts to use with various fruits in making jelly 682, 683
brittle 583
burnt 457
cookies 484
cooking of, stages in 12
effect of, upon air-holding power of egg 28
effect of, upon texture of beaten egg-white, bread, cake and jelly 20
effect of too much 13
pulled 516
sirup for fruit beverages . . . 643
spun 515
useful facts about 19
varieties used in cakes . . . 451
Sugars, comparative sweetness of various 19
Suggestions for hot sandwiches . . 155
Summer casserole 708
Sun-cooked preserves 672
Sundaes 569
Superb sauce 752
Supper menus 50, 51
Supreme sauce 317
Surprise cake, date 497
croquettes 339
salad, tomato 433
sherbet, peach 577
Swedish tea ring 111
Sweetbread and oyster pie . . . 334
croquettes 340
patties 333
salad 445
stuffing for peppers 347
Sweetbreads, braised à la Parloa . . 345
broiled 267
creamed 268
en brochette 345
fried 267
how to prepare 267
larded 268
varieties of 229
Sweet potato pie 602
puff 414
waffles 416
Sweet potatoes, baked, see baked potatoes 405
boiled, see boiled potatoes . . . 405
candied 414
caramel mashed 415
Creole 415
glazed 414
plantation 750
with pineapple 415
Sweets, amounts to buy daily . . . 36
Swiss eggs 367
steak 239
Swordfish, broiled 196
Syllabub 754

Table cookery, see cooking at the table
Tablecloths, see table setting and service
Table setting and service . . . 64–82
bread, how to serve 81
butter spreader 77
candles 73
centerpieces 72
chairs, position of 79
china 64
clearing and crumbing the table . 81
coffee, after dinner, serving . . 82
cold foods, how to serve 81
compote dishes 73
courses, first, rules governing . . 81
order of 55
cover, defined 77
plate, see plates, cover
covers, setting of 77

Table setting, covers—Continued
spacing of 77, 79
cups and bowls 65
decorations 72
bread and butter plates . . . 75
candles 73
centerpieces 72
compote dishes 73
cover plates 73
finger bowls 75
general plan of 72
napkins 75
place cards 74
salts and peppers 74
decorations, placing of 77
doilies 76
duties of host and hostess . . . 81
of waitress 81
finger bowls 75, 82
forks 68, 77, 78, 81
glass 65
glasses 66–67, 78, 81
hot foods, how to serve 81
knives 68, 77, 78, 81
lay plate, see plates, cover
maidless household, an aid in . . 81
linen 69
luncheon and breakfast sets . . 70
monogramming 71
napkins 70
table cloths 70
tea cloths 70
napkins . . 70, 71, 72, 75, 77, 78, 80
order of passing and removing food 81
of courses 55
place cards 74, 79
plates, see plates, cover
plate, the ever-present 80
plates 64
bread and butter 75, 78
cover 64, 73–74, 77, 80
salad, placing of 81
salted nuts 79
salts and peppers 74, 79
service, methods of 79
combination 80
left hand 79
right hand 80
napkins 80
order of 80
plates 73–74, 77, 80
styles of 79
combination 79
English 79
Russian 79
Table setting, service—Continued
trays 81
serving pieces of silver, list of . . 69
setting the table 76
bread and butter plates . . . 78
chairs, position of 79
cover plates 79
covers 77
decorations, placing of . . . 77
napkins 78
salted nuts 79
silver, sequence of 78
tablecloth, spreading 76
water glass 78
silver 68
spoons 69, 77, 78, 81
tablecloths 70, 71, 76
Taffies 509
Tamale, hot 96
pie en casserole 704
Tapioca pudding, cream 541
with fruit 541, 542
Tarragon vinegar 447
Tartar sauce 324
Tartlets, fruit 604
grape 608
lemon 609
Tarts and small pastries 608
apple cake 608
tarts 604
apricot and marshmallow tarts . 605
banana roll 605
Banbury tarts 605
cheese pastries 605
chess pies 606
Coventry tartlets 606
crab apple puffs 607
French pastry sandwiches . . . 607
fruit turnovers 611
gooseberry tarts 608
grape tartlets 608
lemon tartlets 609
macaroon tarts 609
Mammy's fried pies 607
marmalade strips 609
mocha torte 496
Napoleons 609
orange tarts 610
pastry pinwheels 610
rollovers 612
shells 587, 604
peach cake 608
dumplings 610
peek-a-boos 610
pie crust for, see pie crust
pineapple tarts 611

Tarts—Continued
prune tarts 611
raisin sticks 607
raspberry turnovers 611
sand tarts 485
sweet rissoles 612
tart shells 587,604
Tea, accompaniments for 640
beef 656
biscuit 110
cakes 495
how to select 638
how to store 639
iced 640
methods of making 639
ring, Swedish 111
sandwiches, fillings for 134
varieties of 638
Temperature controls 4
cooking by 3
effects of, on texture of eggs . . 29
Temperatures for cooking, tables of, see cooking periods and temperatures
Terrapin or turtle à la King . . . 227
how to prepare 226
with mushrooms 227
Thermometers for accurate cooking . 4
Thickening power of eggs 29
of flour or corn-starch 15
Thousand Island dressing 449
Tilefish, baked 197, 198
Timbale cases 331
rosettes 331
Timbales, cheese and egg 379
defined 327
egg 370
fish 202
pea 359
Time controls 4
Tipsy pudding 755
Toast 156–157
accessories for soup 187
buttered 156
cheese 630
cinnamon 157
cornucopia 157
cream 157
tomato 157
crisp, dry 156
fried or French 157
general directions for making . . 156
loaf 157
Melba 156
milk 156
tomato cream 157
Toast—Continued
water 156
Tomato and celery salad 433
and cheese sandwiches 154
and ham sandwiches 145
and lettuce salad 433
sandwiches 149
and mushroom omelet 365
sauce 318
and pea purée 180
baskets 438
bisque 183
catchup 699
chutney 698
cream toast 157
omelet 367
paste 700
preserves 672
rarebit, poached egg 378
salad 433
frozen 434
jelly 434
rose 434
surprise 433
sandwiches, deviled 154
sauce 318
cream 309
soup, bisque 183
clear 171
cream of 179
paste for 700
Tomatoes and corn, baked 396
and eggs en casserole, see summer casserole 708
baked 421
broiled 421
fried 420
scalloped 421
Spanish 691
stewed 420
stuffed 422, 628
with brown sauce 628
with eggs 369
Tongue and chicken sandwiches . . 143
and egg sandwiches 152
beef, smoked 269
Virginia 269
braised with aspic jelly 349
omelet 364
sandwiches 145
varieties of 229
Torte Alsacienne 463
Tripe 229
how to prepare 271
stewed with onions 271
with tomato sauce 272

Tropical salad 438
Trout, boiled 194
chilled 745
Truffles, defined 90
Trying out or rendering fat . . . 23
Tunafish salad 445
creamed 219
with caper sauce 203
Turbans of fish, defined 193
en casserole 704
Turkey, braised 286
broiled, young 287
curry 288
fillets of, with rice 287
roasted 286
soup 170
Turkish coffee 637
delight 512
sandwiches 153
Turnip leaves 628
shells or cups 423
Turnips in cream 423
mashed 422
with cheese 628
Turnovers, raspberry or other fruit 611
Turtle, see terrapin and turtle
Tutti-frutti, fruit 756
candy 507, 513
filling 476
Twice cooked frosting 479
Twisted rolls 110

Unmolding frozen desserts 562
Upside-down cakes 471, 476
Useful facts about food 1–38
cooking by temperature 3
eggs, useful facts about 27
fats, useful facts about 21
measurements 13
methods of cooking foods . . . 1
methods of mixing foods . . . 3
milk, useful facts about 31
starch, useful facts about . . . 14
sugar, useful facts about . . . 19
use of recipes 1
Uses for stale bread 116

Vanilla caramels 509
chocolate bombe 578
cream pie 598
ice cream, American 563
French 564
Philadelphia 563
rennet-custard ice cream . . . 566
sauce 584
soufflé 19, 542
Veal and ham 250
braised 249
breast, stuffed 252
characteristics of good . . . 228
collops 250
croquettes 340
cutlets and ham 250
and soup 250
with cream gravy 249
cuts of 232
defined 228
jellied 252
loaf 252
loin, rolled 251
pie 249
pot pie 248
roast 251
sandwiches 146
stock 168
with olives 748
Vegetable croquettes, see croquettes
fats and oils, for frying 24
in pie crust 588
in salad dressings 446
loaf 358
luncheon 51, 355
omelets, see omelets
plate 388–423
with Hollandaise sauce . . . 312
salads, see salads
soups, see soups
Vegetables 383–423
see also entrées, salads, soups, vegetarian dishes
amount to buy daily 35
artichokes, French 388
Jerusalem 388
as separate courses 326
asparagus 388
with cheese 623
with Hollandaise sauce . . . 389
au gratin 386
beans, Aztec 359
baked 389
Lima, boiled 390
Neufchâtel style 625
soy 390
baked 390
string 390
beet greens 391
beets, boiled 391
bhugia 404
broccoli 391
Brussels sprouts 392
cabbage, boiled 392
red, with chestnuts 624

Vegetables, cabbage—Continued
scalloped with cheese . . . 392
stuffed 624
canning of, see canning
care of 384
carrot molds 393
carrots, boiled 393
and peas 393
cauliflower, boiled 393
scalloped 394
caution against overcooking . . 387
celeriac 395
celery creamed 394
scalloped 394
chicory or endive, creamed . . 398
chili con carne 359
cooking temperatures and periods for 10–12
baked 12
boiled 11
waterless method 11
fried 10
to retain food values 386
corn and tomatoes, baked . . . 396
green, boiled 395
deviled 396
oysters 396
pudding 396
soufflé 395
cucumber cups 396
sauté 397
cucumbers, stewed 397
dandelion greens 397
eggplant, fried 398
Oriental 624
stuffed 398
for the small family 714
garnishes for 89
general directions for cooking . 386
home canned, see canning
kale 399
kohlrabi, creamed 399
leeks and potatoes au gratin . . 625
lentils, sautéed 399
macaroni or spaghetti, boiled . . 400
with cheese 400
macédoine of 399
marrow, baked 423
fried 423
mushrooms au gratin 625
baked or roasted 402
creamed 401
how to prepare 400
under glass 401
with Madeira 750
okra, boiled 402

Vegetables—Continued
onions, boiled 402
creamed 403
stuffed 403
oyster plant, or salsify 417
parsnips, creamed 403
fried 404
peas, boiled 404
creamed 404
with carrots 393
pickled, see pickles and relishes
potatoes, see potato and potatoes
preparation of, for cooking . . 385
radishes, cooked with cheese . . 627
creamed 416
rice, à la Creole 417
and green peas 405
boiled 416
curry of 416
scalloped 386
selection of 383
soufflé 419
with cheese 627
with eggs, (Florentine) . . . 629
spinach à la Reine 627
boiled 418
creamed 419
in eggs 419
squash, summer, fried 417
steamed or baked 417
baked in shell 418
succotash 420
sweet potatoes, see sweet potato and sweet potatoes
tomatoes, see tomato and tomatoes
turnip leaves 628
shells or cups 423
turnips, in cream 423
mashed 422
with cheese 628
use of soda in cooking 387
varieties of 383
vitamins provided by 385
waterless cookery of 11, 388
Vegetarian dishes 351, 359
baked bean roast 357
bean roast 354
Boston roast 356
carrot loaf 355
celery, nut and potato loaf . . . 355
cheese macaroni loaf 358
chestnut croquettes 351
components of typical 351
cottage cheese and peanut loaf . . 357
cow peas, baked 354
Lima bean loaf 357

Vegetarian dishes—Continued
mock sausage 353
nut and cheese loaf 358
nut loaf 356
pea timbales 359
peanut and carrot loaf 356
balls 351
butter cutlets 352
chops 354
roast 356
scrapple 352
soufflé 353
peanuts, baked 352
vegetable loaf 358
luncheon 355
Velouté sauce 310
Velvet cream 533
Venison, see game
Veranda punch 647
Vermicelli soup 169
Vermont quartered apples 519
Victor Hugo sauce 313
Vienna coffee 637
Vinaigrette sauce 325
Vinegar, spiced, for pickles . . . 688
tarragon 447
Virginia beef tongue 269
Vitamins in food, their effect upon the body 40
Vol au vents 332

Wafers, cheese 381
lemon 486
Waffles 122
buttermilk 123
cream 122
how to pour batter for 118
sweet potato 416
Waldorf salad 438
Walnut and cress salad 430
and date meringue 614
filling 478
Walnuts, roasted, with meat . . . 716
see also nut and nuts
Washington, Martha, pie . . . 469, 474
salad 439
Water ices, see frozen desserts, ices
Water toast 156
Watercress, see cress
Waterless cookery of vegetables . 11, 388
Watermelon cocktail 164
how to serve 517
rind, pickled 694
Weakfish, baked 197
Wedding cake 466
Weights and measures, equivalent, of many common foods 722
table of 14
Welsh rarebit 377, 751
What vegetables provide 385
Wheat as breakfast cereal 94
flour, see flour
Whey, made with rennet 652
made with lemon-juice or orange-juice 652
Whipped cream cake 471
filling 475
Whipping cream, directions for . . 33
evaporated milk 33
Whips, amount of any fruit to use in 530
apricot rum 752
gelatin, standard formula for . . 528
lemon 529
orange 530
White bread, standard recipe for . . 104
cake 461
fish 191
see also whitefish
grape salad 436
Mountain cake 461
sauce, see sauces for fish, meat, poultry, game and vegetables
stock 168
Whitebait, fried 199
and oyster crabs 224
Whitefish, baked 197
Whitings, fried 199
Whole wheat bread, quick 129
yeast 107
Wild rice and mushroom stuffing . . 306
Wine seasons fine food 737–757
apple fritters, brandied 751
apricot omelet, brandied . . . 753
rum whip 752
bananas, brandied caramel . . . 752
beef, Burgundian 748
bouillon, court 745
brandied apple fritters 751
apricot omelet 753
caramel bananas 752
peaches 700, 755
Burgundian beef 748
caramel bananas, brandied . . . 752
Champagne cup 757
chicken braised with wine . . . 749
or salmon à la king 333
chilled trout 745
Christmas pudding, Georgia . . 753
claret lemonade 756
mulled 756
consommé, jellied, with sherry . . 746

Wine seasons fine food—Continued
court bouillon 745
crêpes Suzette 752
eggnog, Southern 757
other type 757
eggs with sherry and orange . . 750
frozen pudding with rum . . . 754
gelatin, hasty wine 756
Georgia Christmas pudding . . . 753
halibut à la Newburg 746
ham Porte Maillot 747
hasty wine gelatin 756
hot wine sauce for game . . . 751
in cookery 744
jellied consommé, with sherry . . 746
Kirsch with pineapple 754
lamb chops with Madeira . . . 749
lemonade, claret 756
lobster à la Newburg 747
curry appetizer 746
Madeira with mushrooms . . . 750
mulled claret 756
mushrooms with Madeira . . . 750
old-fashioned wine jelly . . . 755
omelet, brandied apricot . . . 753
orange with eggs and sherry . . 750
peaches, brandied 700, 755
pineapple with Kirsch 754
plantation sweet potatoes . . . 750
pudding, frozen, with rum . . . 754
Georgia Christmas 753
tipsy 755
rarebit, Welsh 751
rum whip, apricot 752
sauce for game, hot wine . . . 751
superb 752
sherry and orange with eggs . . 750
Wine seasons fine food—Continued
sole thermidor 747
Southern eggnog 757
strawberries Chantilly 755
superb sauce 752
sweet potatoes, plantation . . . 750
syllabub 754
tipsy pudding 755
trout, chilled 745
tutti frutti 756
veal with olives 748
Welsh rarebit 751
wine gelatin, hasty 756
jelly, old-fashioned 755
sauce, hot wine, for game . . 751
Zabaglione 757
Wines 737–745
vintage chart 738
Wintergreen cream candies . . . 507
Woodcock, Scotch 335

Yeast, best temperature for development of 98
bouillon 43, 185
breads, see breads, yeast
compressed 98
dry 98
liquid, potato, railroad, or starter 98, 105
Yellow sauce, for desserts 584
for fish, meat, poultry, game and vegetables 310
Yorkshire eggs 709
pudding 242

Zabaglione 757

COOKING FOR FIFTY

Large parties at home are an old family custom. They covered christenings, confirmations and weddings as well as birthdays and sundry other celebrations. There were also "work" occasions to be met and all the neighbors who helped with harvest, house-raisings, corn huskings and quilting bees needed food in large quantities. Later some of these activities moved out of the home but the necessary food still had to be met and often with inadequate equipment. There were also added outside activities: church festivals and suppers, club luncheons and more recently the hot lunch for children at school, which latter, women's clubs and parent-teacher groups are increasingly handling themselves. All of these activities have been borne in mind in compiling the following recipes, with at least one for each section of the menu. Food, such as individual salads and baked apples, can be prepared by counting individual portions.

HOT TOMATO JUICE COCKTAIL

6½ quarts tomato juice
3 bay leaves
¾ cup Worcestershire sauce
1¾ tablespoons salt

Combine all ingredients. Bring to a boil and simmer for 15 minutes. Remove bay leaves and serve hot. Serves 50, allowing one-half cup to each person.

POTATO AND CORN CHOWDER

12 pounds (8 quarts) diced potatoes
2 quarts boiling water
2 pounds (4 cups) diced salt pork
1½ pounds (3 cups) chopped onion
8 No. 2 cans (5 quarts) corn
4 quarts milk, scalded
Pepper
6 tablespoons salt

Cook potatoes in boiling water about 10 minutes. Fry salt pork until brown and very crisp; then remove pork and cook onions in the fat for a few minutes. Add onions and corn to potatoes and boil until potatoes are tender. Add milk and season with salt and pepper. Bring to the boiling point, add crisped pork and serve over crackers. Serves 50 persons.

LIMA BEAN SOUP

- 1¾ quarts dried Lima or navy beans
- 7 quarts cold water
- 1 cup chopped onion
- 6 stalks celery, chopped
- 6 sprigs parsley, chopped
- 1 cup chopped carrots
- 1¾ cups butter or other fat
- 1 cup flour
- 5 quarts milk, scalded
- Salt and paprika to taste
- 4 teaspoons Worcestershire sauce
- 1 teaspoon pepper

Soak beans overnight, drain. Add cold water listed, onion, celery, parsley, and carrots. Cook slowly until beans are tender, about 3 to 4 hours. Rub through a sieve. Melt butter or other fat, blend in flour and gradually add milk, stirring constantly, cook over water for 30 minutes. Combine mixtures, add seasonings, bring to boiling point and serve. Navy beans may be used in place of Lima beans. Serves 50 persons.

EGGS À LA KING

- 4 dozen eggs, hard cooked
- 2½ cups butter or other fat
- 3 cups flour
- 5 quarts milk, scalded
- 2 green peppers, chopped
- 4 pimientos, chopped
- 3 tablespoons salt
- Parsley for garnishing

Peel and slice eggs. Make a white sauce of butter or other fat, flour and milk. Add peppers, pimientos, salt and eggs to white sauce. Bring to the boiling point and serve on toast or baking powder biscuits. Garnish with parsley. Serves 50 persons.

MACARONI AND CHEESE

- 2 pounds macaroni
- 10 quarts boiling water
- 4 tablespoons salt
- 2½ cups chopped onion
- 2 cups chopped green pepper
- 1½ cups bacon fat
- 1½ cups flour
- 4 quarts tomatoes, canned or cooked
- Salt and pepper to taste
- 1 pound American cheese, grated

Break macaroni into one-inch pieces and cook until tender in boiling water to which salt has been added. Drain and pour cold water over it to separate the pieces. Cook onion and pepper in bacon fat until tender, but not brown. Add flour and stir until smooth. Add tomatoes, stirring constantly until mixture begins to boil. Add salt and pepper to taste, cheese, and macaroni and reheat over hot water, or bake in a moderate oven (350° F.) for 30 minutes. Serves 50 persons.

SCALLOPED SALMON

10 1-pound cans salmon
3 quarts broken bread
4 bay leaves
4 quarts milk
1½ cups butter or other fat
2¾ cups flour
2 tablespoons salt
½ teaspoon paprika
1 cup buttered crumbs

Clean and flake salmon. Mix with broken bread. Add bay leaves to milk and scald; remove bay leaves. Melt butter or other fat, blend in flour and add to milk, stirring rapidly; add salt and paprika and cook 15 minutes. Combine with salmon mixture and pour into greased pans. Sprinkle tops with crumbs. Bake in a moderate oven (350° F.) until done, about 30 minutes. Serves 50, allowing ⅔ cup for each person.

BARBECUED CORNED BEEF

½ pound butter or other fat
1 cup catchup
1 cup chili sauce
1 cup prepared mustard
½ cup Worcestershire sauce
¼ teaspoon cayenne pepper
1 5-pound can corned beef or 5 pounds home-cooked corned beef

Soften butter or other fat and blend with seasonings. Slice corned beef. Brush each slice with butter mixture. Place in a baking pan and bake in a moderate oven (350° F.) for 15 minutes. Serves 48.

CHICKEN À LA KING

1 cup chicken fat
2 cups flour
4 quarts chicken stock and milk
3 quarts diced cooked chicken (about 15 pounds)
1 cup diced green pepper
1 cup diced pimiento
2½ tablespoons salt
¼ teaspoon pepper
4 egg yolks, beaten

Melt fat, blend in flour. Add chicken stock and milk gradually, stirring constantly, cook until thick and creamy. Add chicken, peppers and pimientos. Season with salt and pepper. Beaten egg yolks may be added to give an attractive color, but are not necessary. Serve hot over baking powder biscuits or toast. Serves 50 persons.

MEAT LOAF

6 pounds ground beef
4 pounds ground veal
1 pound ground salt pork
6 cups soft bread crumbs
3 cups milk
4 cups canned tomatoes
8 eggs, well beaten
1½ tablespoons salt
1 teaspoon pepper
⅔ cup chopped onion
3 green peppers, chopped
½ pound sliced bacon

Mix all ingredients, except bacon, together thoroughly. Shape into loaves and place in a well-greased baking pan. Place strips of bacon on top. Bake in a hot oven (400° F.) for about 45 minutes. Baste occasionally while baking. Serves 50 persons.

SWEDISH MEAT BALLS

2 cups dried bread crumbs
4 cups milk
4 pounds ground round steak
1 pound ground pork
4 onions, chopped
4 teaspoons salt
1 teaspoon pepper
4 eggs, slightly beaten
Butter or other fat

Soak bread crumbs in milk, then add remaining ingredients, except butter or other fat, and mix thoroughly. Shape into balls about ¾ inch in diameter. Sauté in butter or other fat until well-browned. Serves 50 persons.

CREAMED CELERY AND PEAS

1 cup butter or other fat
1 cup flour
2 quarts milk
1 tablespoon salt
¼ teaspoon pepper
3 quarts diced celery
1 No. 10 can peas or
3 quarts cooked peas
1 teaspoon sugar

Make a white sauce of butter or other fat, flour, milk, salt and pepper. Cook celery until tender, drain. Combine white sauce, celery, drained peas, and sugar; heat and serve. Serves 48, allowing ½ cup to each person.

SCALLOPED PIMIENTO POTATOES

1 cup butter or other fat
1 cup flour
4 quarts milk
3 tablespoons salt
¾ teaspoon pepper
1½ cups diced pimientos
20 pounds or 10 quarts sliced uncooked potatoes
2 cups buttered cracker crumbs

Melt butter or other fat, blend in flour, add milk gradually and cook until thick, season with salt, pepper and pimientos. Spread a layer of potatoes on the bottom of a well-greased baking pan, then a layer of sauce. Repeat until pans are filled, leaving a layer of sauce over top. Sprinkle with crumbs and bake in a moderate oven (350° F.) for 45 minutes or until potatoes are tender and brown. Serves 50 persons.

SPINACH AND EGG AU GRATIN

1½ dozen eggs, hard cooked
1 cup butter or other fat
1½ cups flour
3 quarts milk
4 tablespoons salt
½ teaspoon pepper
2 No. 10 cans spinach
1 pound cheese, grated
3 cups buttered bread crumbs

Line bottom of baking pan with sliced hard-cooked eggs. Make white sauce of butter or other fat, flour, milk, salt, and pepper. Pour 2 quarts white sauce over eggs. Place well-drained spinach in a layer on top of white sauce. Cover with remaining white sauce and sliced eggs. Sprinkle grated cheese and bread crumbs over top. Bake in a moderate oven (350° F.) for 30 minutes. Serves 50, allowing ½ cup for each person.

VEGETABLE PIE

4 medium-sized onions, chopped
1½ cups butter or other fat
½ cup flour
3 tablespoons salt
½ teaspoon pepper
1 No. 10 can mixed vegetables or 12 cups cooked vegetables
3 eggs, well beaten
10 cups mashed potatoes

Fry onions in butter or other fat until tender. Add flour, salt and pepper, blend. Add hot vegetables and liquid, stirring constantly until thick. Pour into well-greased baking pans. Add eggs to potatoes and beat until light and fluffy. Spread potatoes over vegetables and brown in a moderate oven (350° F.). Serves 50, allowing ½ cup for each person.

BEET RELISH SALAD

- 2 No. 2½ cans beets or 7 cups cooked beets
- ⅝ cup plain gelatin
- 1¼ quarts boiling water
- 1¼ quarts beet liquid
- ½ cup mild vinegar
- 2 tablespoons salt
- 2 tablespoons onion juice
- ½ cup horseradish
- 5½ cups chopped celery

Drain beets and chop fine, save liquid. Add water to liquid to make 1¼ quarts liquid. Soak gelatin in ½ cup cold liquid for 10 minutes. Dissolve in boiling water. Combine gelatin mixture with beet liquid, vinegar, salt, and onion juice. Cool. When gelatin begins to congeal, add remaining ingredients and mix well. Pour into pan 12½ x 20 inches and allow to become firm. Serves 50, allowing 2½ x 2 inches to each person.

CORN BREAD

- 2 quarts yellow corn meal
- 2 quarts bread flour
- ½ cup baking powder
- 2 teaspoons salt
- 1 cup sugar
- 8 eggs, slightly beaten
- 2 quarts milk
- 1 cup melted butter or shortening

Mix and sift dry ingredients. Combine eggs, milk and butter or shortening. Stir into dry mixture and beat well. Pour into well-greased shallow baking pan and bake in a hot oven (400° F.) 25 to 30 minutes. Serves 50 persons.

PINEAPPLE MUFFINS

- 2 quarts sifted flour
- 2 teaspoons salt
- 6 tablespoons baking powder
- 1 cup sugar
- 4 eggs, well beaten
- 1 quart milk
- 1 cup butter or other shortening, melted
- 2 No. 2½ cans crushed pineapple

Sift dry ingredients together three times. Combine eggs, milk and butter or other shortening. Add quickly, stirring as little as possible, to dry ingredients. Fold in crushed pineapple. Pour into well-greased muffin tins and bake in a hot oven (400° F.) for 20 minutes. Makes 50 muffins.

BAKING POWDER BISCUITS

2 quarts sifted flour
4 tablespoons baking powder
2 teaspoons salt
1 cup shortening
3¼ to 4 cups milk

Sift flour, baking powder and salt together. Cut the shortening into the mixture until the consistency of coarse corn meal. Add milk and stir quickly together. Turn on a well-floured board and knead for a minute or two, until dough is smooth. Roll to a thickness of ¾ inch and cut with a 2-inch cutter. Place on a baking sheet and bake in a hot oven (425° F.) for 10 to 12 minutes. Serves 50 persons.

GINGERBREAD

1 cup butter or other shortening
1 cup sugar
4 eggs, well beaten
2 cups molasses
5⅓ cups sifted flour
1⅓ teaspoons soda
1 teaspoon cinnamon
1 teaspoon ginger
⅔ teaspoon salt
2 cups hot water

Cream butter or other shortening and sugar together until light and fluffy. Add eggs and molasses and beat thoroughly. Sift dry ingredients together three times and add alternately with water to the creamed mixture. Pour into well-greased baking pans and bake in a moderate oven (350° F.) about 30 minutes. Serves 50 persons.

OLD ENGLISH APPLE PIE

2 No. 10 cans apples, solid packed, or 12 quarts pared and sliced uncooked apples
1½ pounds butter or other fat
2 pounds brown sugar
6 cups sifted flour

Slice apples, if not already sliced, and place in eight 8-inch piepans. Cream butter or other fat. Mix brown sugar and flour together, and blend into butter or other fat with a fork or dough blender to form a crumbly mixture. Sprinkle over apples and bake in a moderate oven (350° F.) until apples are done, about 35 minutes. Serve with whipped cream or ice cream. Makes eight 8-inch pies.

DATE ROLL

1¾ pounds graham crackers
4 packages pitted dates
1¾ pounds marshmallows
1½ pints whipping cream
1½ pints whipping cream to serve on top

Roll crackers into crumbs. Cut up dates and marshmallows and mix with crumbs, saving enough crumbs in which to cover the rolls later. Whip cream and fold into mixture. Form into rolls, cover with crumbs and wrap in oiled paper. Refrigerate overnight. Slice and serve with remaining whipped cream. Serves 50 persons.

PRUNE SOUFFLÉ WITH CUSTARD SAUCE

8 cups cooked, stoned and chopped prunes
4 cups sugar
1 cup orange juice
1 teaspoon salt
2 cups broken nut meats
12 egg whites, stiffly beaten

Four pounds prunes soaked overnight in cold water and simmered gently will make 8 cups pitted prunes. Combine prunes, sugar, orange juice and salt, beat well, then stir in nut meats. Fold in egg whites, pour into pudding molds or baking pans, set in a pan of hot water and bake in a slow oven (325° F.) for 1 hour or until firm when tested with a metal knife. Serve warm or cold with Custard Sauce. Serves 50.

CUSTARD SAUCE

2 quarts milk
1 cup sugar
2 tablespoons cornstarch
12 egg yolks, well beaten
1 teaspoon salt
2 teaspoons vanilla

Heat the milk to the scalding point in the upper part of a double boiler. Blend sugar and cornstarch together and add to beaten egg yolks, beat well. Add this mixture very slowly to hot milk, stirring constantly. Season with salt and vanilla. Cook until mixture coats a metal spoon. Chill and serve over soufflé. Lightly browned coconut sprinkled over top gives an attractive appearance to dish. Serves 50 persons.

CINNAMON APPLES

50 apples
Water
3 cups sugar
3 tablespoons lemon juice
1¼ pounds cinnamon "red hots"

Peel and core apples. Use enough water to cover. Make a sirup of water, sugar, lemon juice and cinnamon candies. Pour sirup over apples and cook until tender. Chopped nuts may be added to the center of the apples when serving. Use Winesap apples, if possible.

GOOSEBERRY UPSIDE-DOWN CAKE

3 No. 2 cans gooseberries or 7½ cups cooked berries
1½ pounds brown sugar
¼ pound butter or other shortening
8 eggs, separated
1¼ pounds granulated sugar
1 cup cold water
4½ cups sifted cake flour
1½ teaspoons baking powder
½ teaspoon salt

Drain liquid from gooseberries, add brown sugar and butter or other shortening to liquid and cook until thick, about 20 minutes. Pour sirup into baking pans, add berries. Beat egg yolks until very light, then add stiffly beaten whites, sugar and water. Combine with dry ingredients which have been sifted together three times. Blend well. Pour batter over gooseberries and bake in a moderate oven (350° F.) until done, about 35 minutes. Makes 50 servings 3 x 3 x 1 inch. Any fruit may be used in place of gooseberries.

COCOA

8 quarts milk
2 cups cocoa
2 cups sugar
1 teaspoon salt
2 quarts boiling water
3 teaspoons vanilla

Scald milk, do not boil. Mix cocoa, sugar and salt together, add water and boil for 5 minutes. Add to scalded milk. Add vanilla, beat well and serve. Serves 50 persons.

FRUIT PUNCH

3 cups water
1½ pounds sugar
2 quarts grape juice
1 quart strong tea
Juice of 1 dozen oranges
Juice of 1 dozen lemons
2 No. 2 cans shredded pineapple
2 quarts chilled water

Boil water and sugar together for 5 minutes. Cool and add remaining ingredients. Serve with cracked ice. Serves 50.

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